We seek to foster an open-minded understanding among individuals, organizations and groups. We support this understanding through outreach, increasing opportunities for collaboration, formal education programs and strategies for resolving disagreement.

We are encouraged to be engaged in the university community. Thus, we strive to build a genuine community that promotes the advancement of knowledge, cooperation and leadership.

We recognize and cherish the richness of diversity in our university experience. Furthermore, we strive to increase the diversity of ideas, cultures and experiences throughout the university community.

We recognize that we must strive to overcome historical and divisive biases in our society. Therefore, we commit ourselves to create and maintain a community in which all students, staff, faculty and administrators can work together in an atmosphere free from discrimination, and to respond appropriately to all acts of discrimination.

We affirm the right to and the importance of a free exchange of ideas at Iowa State University within the bounds of courtesy, sensitivity and respect. We work together to promote awareness of various ideas through education and constructive strategies to consider and engage in honest disagreements.

We recognize that the mission of the university is enhanced when we work together to achieve the goals of the university. Therefore, we value each member of the Iowa State University community for their insights and efforts, collective and individual, to enhance the quality of campus life.

We seek to respect and cherish the richness of diversity in our university experience. Furthermore, we strive to overcome historical and divisive biases in our society. Therefore, we commit ourselves to create and maintain a community in which all students, staff, faculty and administrators can work together in an atmosphere free from discrimination, and to respond appropriately to all acts of discrimination.

We affirm the right to and the importance of a free exchange of ideas at Iowa State University within the bounds of courtesy, sensitivity and respect. We work together to promote awareness of various ideas through education and constructive strategies to consider and engage in honest disagreements.

We recognize that the mission of the university is enhanced when we work together to achieve the goals of the university. Therefore, we value each member of the Iowa State University community for their insights and efforts, collective and individual, to enhance the quality of campus life.

We seek to respect and cherish the richness of diversity in our university experience. Furthermore, we strive to overcome historical and divisive biases in our society. Therefore, we commit ourselves to create and maintain a community in which all students, staff, faculty and administrators can work together in an atmosphere free from discrimination, and to respond appropriately to all acts of discrimination.

We affirm the right to and the importance of a free exchange of ideas at Iowa State University within the bounds of courtesy, sensitivity and respect. We work together to promote awareness of various ideas through education and constructive strategies to consider and engage in honest disagreements.

We recognize that the mission of the university is enhanced when we work together to achieve the goals of the university. Therefore, we value each member of the Iowa State University community for their insights and efforts, collective and individual, to enhance the quality of campus life.

We seek to respect and cherish the richness of diversity in our university experience. Furthermore, we strive to overcome historical and divisive biases in our society. Therefore, we commit ourselves to create and maintain a community in which all students, staff, faculty and administrators can work together in an atmosphere free from discrimination, and to respond appropriately to all acts of discrimination.

We affirm the right to and the importance of a free exchange of ideas at Iowa State University within the bounds of courtesy, sensitivity and respect. We work together to promote awareness of various ideas through education and constructive strategies to consider and engage in honest disagreements.

We recognize that the mission of the university is enhanced when we work together to achieve the goals of the university. Therefore, we value each member of the Iowa State University community for their insights and efforts, collective and individual, to enhance the quality of campus life.

We seek to respect and cherish the richness of diversity in our university experience. Furthermore, we strive to overcome historical and divisive biases in our society. Therefore, we commit ourselves to create and maintain a community in which all students, staff, faculty and administrators can work together in an atmosphere free from discrimination, and to respond appropriately to all acts of discrimination.

We affirm the right to and the importance of a free exchange of ideas at Iowa State University within the bounds of courtesy, sensitivity and respect. We work together to promote awareness of various ideas through education and constructive strategies to consider and engage in honest disagreements.

We recognize that the mission of the university is enhanced when we work together to achieve the goals of the university. Therefore, we value each member of the Iowa State University community for their insights and efforts, collective and individual, to enhance the quality of campus life.

We seek to respect and cherish the richness of diversity in our university experience. Furthermore, we strive to overcome historical and divisive biases in our society. Therefore, we commit ourselves to create and maintain a community in which all students, staff, faculty and administrators can work together in an atmosphere free from discrimination, and to respond appropriately to all acts of discrimination.

We affirm the right to and the importance of a free exchange of ideas at Iowa State University within the bounds of courtesy, sensitivity and respect. We work together to promote awareness of various ideas through education and constructive strategies to consider and engage in honest disagreements.

We recognize that the mission of the university is enhanced when we work together to achieve the goals of the university. Therefore, we value each member of the Iowa State University community for their insights and efforts, collective and individual, to enhance the quality of campus life.

We seek to respect and cherish the richness of diversity in our university experience. Furthermore, we strive to overcome historical and divisive biases in our society. Therefore, we commit ourselves to create and maintain a community in which all students, staff, faculty and administrators can work together in an atmosphere free from discrimination, and to respond appropriately to all acts of discrimination.

We affirm the right to and the importance of a free exchange of ideas at Iowa State University within the bounds of courtesy, sensitivity and respect. We work together to promote awareness of various ideas through education and constructive strategies to consider and engage in honest disagreements.

We recognize that the mission of the university is enhanced when we work together to achieve the goals of the university. Therefore, we value each member of the Iowa State University community for their insights and efforts, collective and individual, to enhance the quality of campus life.

We seek to respect and cherish the richness of diversity in our university experience. Furthermore, we strive to overcome historical and divisive biases in our society. Therefore, we commit ourselves to create and maintain a community in which all students, staff, faculty and administrators can work together in an atmosphere free from discrimination, and to respond appropriately to all acts of discrimination.

We affirm the right to and the importance of a free exchange of ideas at Iowa State University within the bounds of courtesy, sensitivity and respect. We work together to promote awareness of various ideas through education and constructive strategies to consider and engage in honest disagreements.

We recognize that the mission of the university is enhanced when we work together to achieve the goals of the university. Therefore, we value each member of the Iowa State University community for their insights and efforts, collective and individual, to enhance the quality of campus life.

We seek to respect and cherish the richness of diversity in our university experience. Furthermore, we strive to overcome historical and divisive biases in our society. Therefore, we commit ourselves to create and maintain a community in which all students, staff, faculty and administrators can work together in an atmosphere free from discrimination, and to respond appropriately to all acts of discrimination.

We affirm the right to and the importance of a free exchange of ideas at Iowa State University within the bounds of courtesy, sensitivity and respect. We work together to promote awareness of various ideas through education and constructive strategies to consider and engage in honest disagreements.
Welcome to the Cyclone Family!

We are excited to have your student at Iowa State University where they can grow academically and personally into who they dream of becoming.

The mission of the Division of Student Affairs is to challenge and empower students to succeed in an exciting and diverse global community. The Iowa State Principles of Community, created by Student Government, provide standards for our campus community that help students to have a positive, safe experience and prepare them for success after college. The ISU Principles of Community are:

**Respect:** We seek to foster an open-minded understanding among individuals, organizations and groups. We support this understanding through outreach, increasing opportunities for collaboration, formal education programs and strategies for resolving disagreement.

**Purpose:** We are encouraged to be engaged in the university community. Thus, we strive to build a genuine community that promotes the advancement of knowledge, cooperation and leadership.

**Cooperation:** We recognize that the mission of the university is enhanced when we work together to achieve the goals of the university. Therefore, we value each member of the Iowa State University community for their insights and efforts, collective and individual, to enhance the quality of campus life.

**Richness of diversity:** We recognize and cherish the richness of diversity in our university experience. Furthermore, we strive to increase the diversity of ideas, cultures and experiences throughout the university community.

**Freedom from discrimination:** We recognize that we must strive to overcome historical and divisive biases in our society. Therefore, we commit ourselves to create and maintain a community in which all students, staff, faculty and administrators can work together in an atmosphere free from discrimination, and to respond appropriately to all acts of discrimination.

**Honest and respectful expression of ideas:** We affirm the right to and the importance of a free exchange of ideas at Iowa State University within the bounds of courtesy, sensitivity and respect. We work together to promote awareness of various ideas through education and constructive strategies to consider and engage in honest disagreements.

As your student adjusts to campus life, there will be exciting times and challenging times. We hope that you will share in your student’s joy and provide encouragement as a key part of your student’s success. We will provide resources, assistance, and support your student during their adventure as a Cyclone.

This calendar provides you with important dates and invaluable resources here at Iowa State. Please use this as a tool to help your student plan and connect to the resources and support that will be important to their success. Please encourage your student to contact me or any member of my staff should they need anything during their adventure.

Go Cyclones!

Martino Harmon, Ph.D.
Senior Vice President for Student Affairs

---

**Traditions**

**Zodiac**

Who knows what prompted that first student to step around the bronze zodiac relic on the floor of the Gold Star Hall in the Memorial Union, but for more than 70 years, subsequent students have done likewise, understanding that to step on the zodiac is to ensure that they will flunk their next exam.

**Lancelot & Elaine**

Since 1935, two swans, Lancelot and Elaine, have always graced Lake LaVerne. In the 80+ years since they made their gracious entrance, there have been numerous Lancelots and Elaines who have called Lake LaVerne home.

**Gold Star Hall**

A memorial to students fallen in WWI, WWII, Korea, Vietnam, Somalia, Iraq, and Afghanistan. This memorial was created by students to salute veterans and those who made the ultimate sacrifice for their country.

**Campaniling**

A student officially becomes an Iowa Stater when they are kissed under the campanile at the stroke of midnight. During homecoming, hundreds of students gather for mass campaniling. Couples kiss, the band plays, and fireworks go off at the stroke of midnight.

**Cy**

In 1954, Iowa State’s Pep Council decided that Iowa State needed a mascot. Since a cyclone was difficult to depict in costume, a cardinal was selected from the cardinal and gold of the official school colors. “Cy,” was the winning name selected from a Pep Council contest.

**Cyclones**

In 1895, Iowa State’s football team beat Northwestern 36-0. The Chicago Tribune reported: “Struck by a Cyclone … Northwestern might as well have tried to play football with an Iowa cyclone as with the Iowa team it met yesterday.” The name “Cyclones” stuck!
This page provides families access to the many resources and services available on campus. The guide is designed to be helpful when your student calls home ("What do I do?"). Family members are encouraged to lead their student to a solution rather than solving the problem for them. If you are unable to find a resource you are looking for, visit info.iastate.edu or call 800 772-8546 to help answer your question.

### FAMILY CHECKLIST

#### After Orientation
- Have your student register for Destination Iowa State. To register, visit admissions.iastate.edu/destination.
- Confirm whether your student needs special accommodations through Student Accessibility Services. Make sure they reach out to Student Accessibility Services if they have not done so already.
- Encourage your student to review AccessPlus. Use this time to verify ISU Alert Information and add an emergency contact.
- Help your student review health requirements at cyclonehealth.iastate.edu and submit immunization records through AccessPlus.
- Confirm all final transcripts of high school and/or college credit earned during high school were submitted to the Office of Admissions.

#### Before Classes Begin on August 26
- Have your student check for their university billing statement after August 1. Consider discussing third-party access for AccessPlus at this time, if you haven’t yet.
- Make sure your student brings their medical insurance and an insurance card.
- Teach your student the basics, such as doing laundry and being economical about purchases.
- Discuss how you will handle expenses for the year; will you send a monthly allowance or contribute money as needed? Prepare a monthly budget, if possible.
- Review finances and talk about how to manage a checking account and debit/ATM card. Also, make sure your student is prepared to respond appropriately to credit card offers.
- Talk with your student about what communication will look like. Discuss how often you plan to connect and how best to stay in contact (text messages, email, phone calls, etc.). Be sure to address social media (Facebook, Twitter, etc.) and determine what is appropriate information to be posting online.
- Review Iowa State’s Principles of Community with your student and discuss what this means for them.
- Celebrate with your student the excitement that going to college provides. Hint: do this well before move-in day! Plan how you will say good luck and goodbye.
- Send a letter or care package that will arrive the day after move-in or the first day of classes!

#### First Two Weeks of Class
- Register for Cyclone Family Weekend (Oct. 11–13, 2019). To register, visit familyweekend.iastate.edu.
- Encourage your student to connect with their academic adviser to get to know them better or to attend a student organization meeting to meet other students.
- Promote completion of AlcoholEdu, Cyclone CashCourse, and Title IX trainings through Canvas. These trainings educate your student on important policies, healthy choices, and responsible habits.
PACK IT UP

The time has finally arrived! In a month, your student will be off to Iowa State for their new adventure. Here are some important items to include on your packing list: ISUCard, medical insurance card, backpack, school supplies, study lamp, fan, first-aid kit, umbrella, small tool kit, bedding (extra long twin sheets), clothing hangers, laundry supplies, shower flip-flops, toiletries, towels, coax cable for television.

Textbooks and course materials may be purchased at the Iowa State University Book Store in the Memorial Union. Students can preorder textbooks starting May 24 and in-store purchases and rentals begin on July 15 for the fall semester. Students may use their U-Bill to purchase course materials at the ISU Book Store.

The Campanile, a fixture on central campus, features 50 bells that can be heard ringing all over campus every 15 minutes. The 20-acre central campus was designed to be a space with lots of green grass, trees sprinkled throughout to give shade on hot summer days, and shrubbery and flowers for fragrance.

Register for DIS!
Destination Iowa State is an exciting event to welcome students to campus. Register online at admissions.iastate.edu/destination/registration.php.
The Fountain of the Four Seasons is one of the many art displays on Iowa State’s campus. Located in front of the Memorial Union, the fountain features four Native American women who represent each of the four seasons. As you walk from the fountain into the MU, be careful not to step on the zodiac!

**Connect on Facebook!**
Students can join the Class of 2023 Facebook group (IowaState2023) and family members can join the Iowa State Parents group (IowaStateParents) to ask questions and interact with others before move-in day.

**Fall 2019 classes begin**
2019
GET IN THE GAME
Iowa State has more than 900 recognized organizations for students to join. Students can find out about clubs by using Student Activities' Student Organization Database and searching for a club based on their interests. Categories include councils, academic, fraternity/sorority, honor societies, media, military, multicultural, music/performing arts, political, sports/recreational, religious, service, and special interest. Additionally, students can get involved early with the Alumni Association by joining the Future Alumni Network or participating in homecoming activities.

To join 61,500 Cyclone fans at Jack Trice Stadium, football student season tickets must be purchased through the Football Only Student Season Ticket Package ($150). Season tickets for football, as well as men's and women's basketball, wrestling, volleyball, and gymnastics can be purchased through the All-Sports Package ($275). Due to high demand, incoming students will have until June 30 to sign up for a ticket lottery.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>University Closed</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Labor Day</td>
<td>1</td>
<td>2</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ClubFest</td>
<td>14</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Engineering Career Fair</td>
<td>21</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Engineering Career Fair</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Get Involved!
Encourage your student to attend the fall 2019 ClubFest on Sept. 11 on Central Campus. There are over 900 student organizations, which means hundreds of ways to get involved at Iowa State!
SUCCESSFUL STUDENTS SEEK SUPPORT

After the first six weeks of classes, students should be familiar with their course syllabus and expectations from their instructors. Encourage your student to visit with instructors during office hours with any questions or concerns they may have regarding their academic progress and career goals. During this time, students will receive feedback from their first round of exams or papers. Iowa State has several resources available to help prepare students for exams and support their learning. Encourage your student to set up an appointment for academic coaching or request a peer tutor with the Academic Success Center. Your student may also have any paper or project reviewed by a peer communication consultant in the Writing and Media Center. Academic advisers are another resource who can provide support regarding your student’s academic experiences. These resources can all support student success!

Fall is a fan favorite on Central Campus. Hammocks are out and students can be seen riding bikes, skateboarding, or playing Frisbee on the grass. Iowa State features almost 2,000 acres of campus that was named one of America’s most beautiful.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class is in session! Your student’s spring registration is just a few weeks away! What courses are they planning on taking?</td>
<td>FAFSA and OneApp open</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>CYCLONE FAMILY WEEKEND</td>
<td>CYCLONE FAMILY WEEKEND</td>
<td>HOME COMING WEEK</td>
<td>HOME COMING WEEK</td>
<td>HOME COMING WEEK</td>
<td>HOME COMING WEEK</td>
<td>HOME COMING WEEK</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Spring course registration begins for projected seniors</td>
<td>Football: Iowa State vs. Oklahoma State</td>
<td>Spring course registration begins for projected juniors</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>31</td>
<td>30</td>
<td>31</td>
<td>29</td>
<td>28</td>
<td>27</td>
<td>26</td>
</tr>
</tbody>
</table>

Academic Success Center | 515 294-6624 | asc.dso.iastate.edu

2019
MONEY MATTERS
Financial aid is any loan, scholarship, grant, or part-time employment used specifically to help pay for education related expenses. Students seeking financial aid are encouraged to fill out the FAFSA (Free Application for Federal Student Aid) even if they aren’t sure they’ll qualify. Students should complete their FAFSA (Iowa State code - 001869) by December 1, 2019 for the 2020–2021 school year. The application will open on October 1, 2019; tax information from 2018 is required to complete the application. The FAFSA must be completed every year to be eligible for financial aid in the next year.

Students wishing to apply for scholarships may fill out the form on OneApp to be considered for scholarships from the Office of Student Financial Aid and their college.

Office of Student Financial Aid   515 294-2223    financialaid.iastate.edu

Just to the west of the Memorial Union sits Lake LaVerne. The three-acre lake is the home to swans Lancelot and Elaine. An Iowa State tradition says that if you walk around Lake LaVerne three times in silence with your beloved, you are destined to be together.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>16</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>17</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>19</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>23</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>26</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>27</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>29</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>30</td>
</tr>
</tbody>
</table>

Cy says don’t forget your flu shot!
The Thielen Student Health Center offers walk-in flu shots every Wednesday and Saturday from 9–11:30 am during the month of November.

Last day to drop full-term classes

2019
Iowa State strives to partner with students, staff, faculty, and the surrounding community to proactively create a health-promoting university that supports and enhances student success, higher learning, holistic development, belonging, and engagement by implementing evidence-informed strategies and providing services, opportunities, and resources that build a culture of well-being, empowering all students to achieve their full potential.

Student Health and Wellness is made up of four departments that work together to create a health-promotion university: Student Counseling Services, Thielen Student Health Center, Student Wellness, and Recreation Services.

Beardshear Hall, home to Iowa State’s administration, sits on the west side of Central Campus. It was built in 1906, in the exact spot where Old Main stood before a fire destroyed the building six years earlier. Its strong pillars and stone exterior were designed to be completely fireproof.

Student Health and Wellness 515 294-5801 cyclonehealth.iastate.edu

Student Job Board
Now that your student has settled into a routine, are they looking for a job for the spring semester? Students can find work on the student job board located in AccessPlus under the “Student” tab.

FAFSA due

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
</tbody>
</table>

Good sleep is a must before final exams

No Classes
University Closed
University Closed
No Classes
No Classes
No Classes

Student Job Board
Now that your student has settled into a routine, are they looking for a job for the spring semester? Students can find work on the student job board located in AccessPlus under the “Student” tab.

2019
TAKE THE CLASSROOM OUTSIDE

With the academic year well underway and your student becoming more comfortable with campus, now is an excellent time to start looking at other opportunities to enhance their adventure at Iowa State. Your student can participate in a variety of opportunities on or off campus through the following campus partners and apply classroom learning to new out-of-class experiences.

Career Services: Career Services offers a broad range of programs to help students with their career development such as career advising, seminars, and position listings.

National Student Exchange: NSE provides students access to 170 member colleges and universities across North America to exchange for up to one year.

Study Abroad Center: Iowa State offers programs in 50+ countries, from one week to two semesters long. Where will your student choose their adventure?

A fresh snowfall is the perfect addition to make Iowa State’s campus even more beautiful. (And don’t worry, there is plenty of snow to go around in the winter months.) Thankfully, a snowy campus offers lots of chances for winter activities or provides a reason to curl up inside with a book.

Sunday  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday

<table>
<thead>
<tr>
<th></th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>WINTER BREAK</td>
<td></td>
<td></td>
<td>No Classes</td>
<td></td>
<td></td>
<td>No Classes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>WINTER BREAK</td>
<td></td>
<td></td>
<td>No Classes</td>
<td></td>
<td>No Classes</td>
<td></td>
<td>No Classes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9</td>
<td>10</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WINTER BREAK</td>
<td></td>
<td></td>
<td>No Classes</td>
<td></td>
<td>No Classes</td>
<td></td>
<td>No Classes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Spring semester</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>begins</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>University Closed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>U-Bill due</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Martin Luther King Jr. Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Don’t forget to pack warm clothes!

Everybody’s working for the weekend. Encourage your student to speak with their college career services office about internships. It’s a great way to try a new field or experience a unique adventure! Visit career.iastate.edu.

Visit career.iastate.edu.
MAKING IOWA STATE HOME

Residence: To live on campus, students can use AccessPlus to contract for housing and submit their assignment preferences as soon as recontracting opens. Whether they like their current room, the room down the hall, or want to switch to an apartment, students can choose which space they would like to live in for the upcoming year.

Dining: Once students have their housing assignment, they can also select their meal plan on AccessPlus. Meal plans vary for students depending on where they are living. For students who are living in Wallace Hall, Wilson Hall, a campus apartment, a fraternity or sorority house, or off campus, we recommend looking at the apartment and off-campus meal plan options.

You know you’re in the engineering part of campus when you look up and see the Marston Water Tower high in the sky. Standing 168 feet tall, the Marston Water Tower supplied water throughout campus for almost 100 years. Now it sits as a wonderful landmark of Iowa State’s history and innovation.

Department of Residence | 515 294-2900 | housing.iastate.edu
ISU Dining | 515 294-3856 | dining.iastate.edu

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

Engineering Week begins

16 17 18 19 20 21 22

23 24 25 26 27 28 29

2020

Special Diet Questions?
If your student has a medical special dining need (i.e., food allergy, celiac Disease), contact our registered dietitian so we can help you with a dietary accommodation request. dining.iastate.edu/nutrition/accommodations
**Hilton. Magic.** The two words that strike fear into the hearts of opposing teams as they step into Hilton Coliseum. Hilton is home to the men’s and women’s basketball teams, as well as gymnastics and wrestling. This month, the men’s and women’s basketball teams will compete to be the best in the land.

<table>
<thead>
<tr>
<th>Office of Student Conduct</th>
<th>515 294-1020</th>
<th>knowthecode.dso.iastate.edu</th>
</tr>
</thead>
</table>

**Safety First**

Feeling apprehensive on campus late at night? SafeRide ISU provides safe transportation free of charge. Call 515 294-4444.

**KNOW THE CODE**

Students will face dozens of choices during their time in college, including the choice to use alcohol and other drugs. Iowa State expects students to make safe, healthy, and legal decisions regarding their use of alcohol or other drugs. Students are responsible for behaving in a way that neither degrades nor harms themselves, others, or the campus community.

The legal drinking age is 21. If your student is 21 or older, it is illegal for them to operate a motor vehicle while under the influence, to supply alcohol to persons under 21, or to be intoxicated in public. The use, possession, distribution, cultivation, or sale of a controlled substance is illegal in Iowa. Neither recreational nor medical marijuana possession or use is permitted on university property or at university-sponsored events.

If your student chooses to drink, they should do so responsibly. Students should consider what they are drinking, the pace of drinking, overall consumption, and make a plan to get home safely.

**Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday**
---|---|---|---|---|---|---
1 | 2 | 3 | 4 | 5 | 6 | 7
8 | 9 | 10 | 11 | 12 | 13 | 14
15 | 16 | 17 | 18 | 19 | 20 | 21
22 | 23 | 24 | 25 | 26 | 27 | 28
29 | 30 | 31 | | | | |

**Talk with your student about their spring break plans**

**SPRING BREAK**

- No Classes
- Summer/fall course registration begins for projected seniors
- Last day to drop full-term classes
- Summer/fall course registration begins for projected juniors

2020
HELPING YOUR CYCLONE SUCCEED

Your student will gain new independence, define values and beliefs, and gain a new sense of self. It is important that you support them during this transformative time in their lives. Iowa State has several ways to promote students’ sense of belonging on campus through centers and services to build community.

Multicultural Student Affairs
multicultural.dso.iastate.edu

The Sloss Center for Women and Gender Equity
sloss.dso.iastate.edu

Center for LGBTQIA+ Student Success
center.dso.iastate.edu

Sorority and Fraternity Engagement
sfe.dso.iastate.edu

Veterans Center
veterans.iastate.edu

Dean of Students Office
515 294-1020
dso.iastate.edu

The courtyard outside of Lagomarcino Hall is home to one of the best hidden spots on campus. Students can be found studying with a view or taking a break on a bench. Built in 1912, the building was known as the Quadrangle and was originally used by the College of Veterinary Medicine.

Thinking of you!
Spring is a great time to send your student a friendly note or treat from home. Let your student know you are thinking of them during finals week!

Summer/fall course registration begins for projected sophomores

Summer/fall course registration begins for projected freshmen

Talk with your student about their move-out plans

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>26</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>27</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>28</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>29</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>30</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2020
Congratulations! You and your student have been a part of the Cyclone family for one full academic year. In this time, your student has stepped out, found their independence, met new friends, joined a club or two, learned A LOT, and so much more. As the semester winds down, now is an excellent time to learn more about your student’s experiences at Iowa State. Consider asking your student some of the following questions to spark conversations about the first year of their adventure:

What was the best part about your first year?  
Did anything surprise you about your classes?  
Were you able to meet with your adviser throughout the year?  

Do you have an idea about what kind of career you want to pursue?  
What are your plans for the summer?  
What experiences can you seek out to get more knowledge about your future career?

There’s no feeling in the world like walking across the stage at Hilton Coliseum on commencement day. After years of hard work, these Cyclones are prepared for the next stage of life. Iowa State sends them off confidently, knowing they’re ready to take on the world.

Hittin’ The Road!  
Make sure to communicate plans for move-out with your student. Whether it’s back home, traveling, summer classes, or off to an internship, make sure your student has their summer mapped out.

Final exams! Send positive thoughts!
AROUND TOWN
Listed as one of the Top 100 Places to Live in 2018 by Livability.com, Iowa State calls Ames, Iowa, home. Ames offers a variety of dining, shopping, and entertainment options including performers like Chance The Rapper, Dan + Shay, and Chelsea Peretti, along with international symphonies and Broadway musicals. The CyRide bus system gives students a convenient way to get around campus but also offers fare-free rides throughout the community. Ames also boasts hundreds of acres of parks, numerous bike paths, as well as cultural festivals and celebrations.

Summertime in Ames, Iowa, presents endless activities. Watching the sunset over Central Campus, strolling through downtown Ames, or biking around Ada Hayden Heritage Park Lake are just a few ways to enjoy summers in Iowa.

Iowa State Center | 515 294-3347 | center.iastate.edu
Ames Convention and Visitors Bureau | 515 232-4032 | thinkames.com

Summer Session II begins

What’s Next?
Is your student still exploring major options? Encourage them to check with their college’s career services office to see which academic path will best match their career goals.
Students wishing to join more than 12,000 Cyclones living on campus should complete the housing contract process through AccessPlus as soon as possible. Most freshmen will live in traditional residence halls or suites, though apartment-style spaces are available on campus as well. The Department of Residence will send residence hall and roommate assignments beginning in June. Move-in day packets with day-of details are mailed out in July.

Students wanting to live in a sorority or fraternity will want to be in contact with their respective chapter on residential policies and procedures or the office of Sorority and Fraternity Engagement at 515 294-1023.

While strongly encouraged, students are not required to live on campus. Students may access off-campus housing information through the Iowa State Daily campus newspaper, local newspapers, and https://www.cityofames.org/living/rent-smart-ames.

What are my student's tuition and fees?

Tuition is assessed depending on the student's major and number of credits enrolled in each semester. Mandatory fees each semester include health facility fee; health fee; activity, services, building and recreation fee; and technology fee. A full list of tuition rates and fees can be found at registrar.iastate.edu/fees.

How can I see my student's bill?

Bills are not viewable to you unless you have been given third-party access to this information by your student. Fall semester bills are available on August 1 with a due date of August 20. Spring semester bills are available on January 1 with a due date of January 20.

There are three payment options available: paying the account in full by the due date, the Deferred Billing Plan that divides the bill into three equal payments to be made during the first three months of the semester, and the Monthly Payment Plan that allows for payment of both fall and spring semester over a period of 9, 10, 11, or 12 months. Please contact the Accounts Receivable Office at 515 294-7398 or ubill.iastate.edu for more information.

How can my student access medical care?

Iowa State students are served on campus by Thielen Student Health Center, a full-service medical clinic committed to providing care in an inclusive and respectful environment to meet the needs of a diverse campus. McFarland Urgent and Express Care is available for acute and non-emergent health problems and emergency medical services are provided by Mary Greeley Medical Center (MGMC) located near campus.

More information on services provided by Thielen Student Health Center, McFarland Urgent and Express Care, and MGMC can be found at health.iastate.edu/services.

How will my student receive support on campus?

Many students will face challenging times in college. Iowa State provides services to assist students with college success. The Student Assistance staff in the Dean of Students Office can provide helpful information on a variety of issues and can guide students to additional resources such as Student Counseling Services, Student Accessibility Services, Academic Success Center, and more. Students can visit the Dean of Student's Office or reach out via email at studentassistance@iastate.edu to learn more about resources on campus and how they can notify instructors in times of difficulty.

How will my student get around the campus/the city/the country/the world?

Transportation for Iowa State students comes in many forms. Though primarily a pedestrian campus, Iowa State is served by the Ames public transportation system CyRide to navigate campus and Ames. Current students can use CyRide for free by showing their ISU student ID card. Students can also use bicycles, skateboards, and roller skates when adhering to campus policies. Students may also bring their vehicles to campus. Parking permit information can be found at parking.iastate.edu or by contacting the Parking Division at 515 294-3388.

Ames is served by multiple taxi services, bus lines to travel farther away from the city, and the Des Moines International Airport located approximately 40 miles south of campus. Both taxi and shuttle service are available for travel to the airport. Providers include Executive Express Shuttle (888-522-9899), Cyclone Cab (515 232-1343), Big Dog Cab (515 608-8271), Fitz's Taxi (515 451-8769), and Des Moines International Airport (515 256-5000).

CIT Signature Transportation offers direct, exclusive transportation to Iowa State students wanting to travel home to the Chicago and Minneapolis areas for Thanksgiving, winter, and spring break. Picking up and dropping off on the south side of the Memorial Union.

Our stops include: Chicago Area: Naperville, Schaumburg, Union Station, and Oak Lawn. Minneapolis Area: Albert Lea, Burnsville, Bloomington, St. Paul, and Roseville. Booking information, pricing, dates, and times can be found at citbus.com and by clicking on CIT Express or on the CIT Mobile App and choosing CIT Express. Booking site will go live July 1 for fall breaks. Spring break bookings will be available January 1.

What should I know about campus safety?

Iowa State's police department is among the best in the nation and all officers are graduates of the Iowa Law Enforcement Academy. Officers are on staff 24 hours a day and provide support in emergency situations, offering SafeRide ISU, providing HelpVan to assist motorists having vehicle issues on campus, and more. Your student will also want to sign up for ISU Alert on AccessPlus for notifications on potentially dangerous situations. Visit isualert.iastate.edu for more information.

Iowa State University is committed to being a place where our students can succeed and thrive in a community that is free of discrimination, harassment, and intimidation. Your student will learn more about the commitment to creating a safer and healthier environment through online modules regarding Title IX.

This calendar was great! What other dates are important for my student to know?

Students will want to be aware of add/drop dates for their classes. Changes made after the first week of classes will require assistance from advisers and/or instructors. Students will be able to avoid tuition charges if they drop a class early enough or avoid fees for adding a class too late. You can view these dates and more at registrar.iastate.edu/calendar. Students can also keep up with campus happenings at event.iastate.edu.