Part I

- Important dates
- AccessPlus
- Housing
- Dining
August 1          Fall UBill ready in AccessPlus
August 14         On Campus Apartment Move-In
August 17         New Student Move-In (odd)
August 18         New Student Move-In (even)
**August 19-21**  **Destination Iowa State**
August 20         Fall UBill due
August 23         Fall 2021 classes begin
September 6       Labor Day – no classes
September 17-19   Cyclone Family Weekend
October 15        Mid-term reports
November 25-26    Fall break – no classes
December 1        Priority deadline for 2021-2022 FAFSA
December 13-16    Final Exams
December 17       Fall semester ends
AccessPlus – Your student portal

- Pay Your UBill
- Set Up Third Party Access
- Change your information (phone number, address, etc.)
- View midterms and final grades
- Sign up for ISU Alerts
- Look for jobs
- So much more!
AccessPlus – Third Party Access

• You can grant a family member access to certain parts of your account
• You choose who can log-in and what they can view
  • Class Schedule
  • Grade report
  • Unofficial transcript
  • Financial aid status
  • Dining Dollars (view/add)
  • CyCash (view/add)
  • University Bill (view/pay)
  • Enrollment certification
  • Tax credit information

accessplus.iastate.edu
**AccessPlus – Your information**

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### Address Change

Use this form to change your In-Session, Interim, and Parent Address Information. Updates will be processed within one business day of submission. Address changes will not be updated to the ISU Online Phone Book until the last working day of the week.

If you are no longer enrolled at ISU, please update your Interim Address, Phone Number and Non ISU E-mail.

**IMPORTANT REMINDERS:**

Be sure to review and update your ISU Alert emergency notification information. Change your ISU Directory Information privacy options.

<table>
<thead>
<tr>
<th>In-Session Address</th>
<th>Interim Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>(where you live while classes are in session)</td>
<td>(where you want your mail sent between terms)</td>
</tr>
<tr>
<td><strong>Street:</strong> 123 University Drive</td>
<td><strong>Street:</strong> 123 State Street</td>
</tr>
<tr>
<td><strong>City:</strong> AMES</td>
<td><strong>City:</strong> AMES</td>
</tr>
<tr>
<td><strong>State:</strong> IA</td>
<td><strong>State:</strong> IA</td>
</tr>
<tr>
<td><strong>Zip:</strong> 50014</td>
<td><strong>Zip:</strong> 50014</td>
</tr>
</tbody>
</table>

**Phone:**

**ISU E-mail:** amanda23@iastate.edu

**Parent/Guardian Address** (Used primarily for notification of honors, events, etc. Check box and give name and Address for a Relative other than Parent or Guardian when appropriate.)

- **Parent**
- **Guardian**
- **Spouse**
- **Other**
- **None**

**Title:** Mr.

**Name:** (Last First MI)

**Street:**

**City:**

**State:** IA

**Zip:**

**Submit**

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Send comments and questions about your Current Student Address to the **Office of the Registrar** or call 515-294-1840. **Note:** Address changes will not be processed via e-mail.

Your name, ISU e-mail address, in-session address and phone number, curriculum and year-in-school will be published in the ISU Directory (phone book) during semesters when you are registered unless you request that your information be suppressed. To restrict release of your information, update your privacy preferences for your ISU Directory Information. See the confidentiality policy for more information.

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Cardinal Directions – Pg. 10

accessplus.iastate.edu
Move in

- Dates
  - Friday, August 13: Sorority recruitment move in
  - Saturday, August 14: Apartment/Early move in (fees may apply)
  - Tuesday, August 17: New student move in (odd numbered rooms)
  - Wednesday, August 18: New student move in (even numbered rooms)

- Move-in Crew

- Move-in process
  - 30-minute parking pass
  - Unload belongings and move vehicle
Packing tips

• Pack light!
• During the summer, talk to your roommate about who is bringing what for your room
  • Refrigerator
  • Microwave
  • TV
  • Futon
  • Rug/carpet
• Beds in all buildings are lofted
• Mattresses are extra-long twin

What not to bring:

• Wireless routers
• Space heaters
• Air conditioners
• Candles
• Extension cords
• Pets (other than fish)
• Weapons
• Tobacco

Cardinal Directions – Pg. 16
housing.iastate.edu
Get to know your roommate

- Remember that everyone is different
- Communication is key
  - Determine your boundaries
  - Complete a roommate agreement once you get to campus
- Questions? Contact the Department of Residence
ISU Dining: Using your meal plan

- Near your residence hall and classrooms
- Breakfast as early as 6:45 a.m. to a late-night snack after 9 p.m.
- Over 20 locations
  - 4 dining centers
  - 5 restaurants
  - 11 cafés
  - 2 markets (convenience stores)
  - 1 GET & Go Location
- GET App

Cardinal Directions – Pg. 16
dining.iastate.edu
## Residence hall meal plans

<table>
<thead>
<tr>
<th>Meal Plan</th>
<th>Meals/Access Per Semester</th>
<th>Flex Meals Per Semester</th>
<th>Dining Dollars Per Semester</th>
<th>Rate Per Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardinal (Default)</td>
<td>Unlimited</td>
<td>14 ($9 value)</td>
<td>$100</td>
<td>$2,249</td>
</tr>
<tr>
<td>Cyclone</td>
<td>Unlimited</td>
<td>20 ($9 value)</td>
<td>$300</td>
<td>$2,464</td>
</tr>
<tr>
<td>Gold</td>
<td>200</td>
<td>15 ($9 value)</td>
<td>$200</td>
<td>$2,113</td>
</tr>
<tr>
<td>CyFlex</td>
<td>60</td>
<td>160 ($10.50 value)</td>
<td>$75</td>
<td>$2,464</td>
</tr>
</tbody>
</table>

*All meal plans include up to 10 visits per week to GET & Go!*
Off-campus or apartment meal plans

Silver
- 150 meals/semester
- $300 Dining Dollars/semester
- Cost: $1,932 per semester

Bronze
- 125 meals/semester
- $275 Dining Dollars/semester
- Cost: $1,641/semester

Block Meals
Flex Meals or dining center access, purchase in bulk for a discount

Dining Dollars
Purchase in bulk via the Housing/Dining Portal for a discount

Action
Finalize your meal plan choice before August 1!

Additional Resource: SHOP Food Pantry theshop.stuorg.iastate.edu
Part II

- Finances
- Student resources
- Principles of Community
- Diversity, equity, and inclusion
Student finances

- How will you pay for school?
- Do you need a part time job?
- How will you budget?

Office of Student Financial Aid
- Help with FAFSA
- Advising to assist with financial hardships
- Discuss types of loans
- Go over loan action steps
- OneApp for scholarships

Office of Student Financial Success
- Help with:
  - Budgeting
  - Student loans
  - Credit
  - Savings
  - Working/Earning
  - So much more!
- One-on-one advising

Cardinal Directions – Pg. 19
financialaid.iastate.edu
financialsuccess.iastate.edu
Student Job Board

- On AccessPlus under the “student” tab
- On- and off-campus jobs available
- Most fall jobs are posted in August

CyHire
Search for internships or professional jobs!
The Dean of Students Office is made up of 14 different departments:

- Academic Success Center
- Center for LGBTQIA+ Student Success
- International Students & Scholars Office
- Margaret Sloss Center for Women and Gender Equity
- Office of Multicultural Student Affairs
- Parent and Family Programs
- Office of Sorority and Fraternity Engagement
- Student Accessibility Services
- Office of Student Assistance
- Office of Student Conduct
- Student Legal Services
- Student Support Services (TRIO)
- Veterans Center
- Writing and Media Center

Sharron Evans, Esq. // Dean of Students
Have you thought about school supplies?

**Academic Success Center**
- Tutoring
- Academic coaching
- Supplemental instruction

**Academic advisors**
- Keep you on track for graduation
- Connect you to department or college-specific resources

**Writing and Media Center**
- One-on-one consultation
- Workshops
- Writing groups

**Faculty**
- Office hours
- Appointments

Cardinal Directions – Pg. 10
asc.dso.iastate.edu
wmc.dso.iastate.edu
RICHNESS OF DIVERSITY
FROM HONEST & RESPECTFUL EXPRESSION OF IDEAS
PURPOSE DISCRIMINATION
FREEDOM PRINCIPLES OF COMMUNITY
COOPERATION RESPECT
Diversity, equity and inclusion

- Students at Iowa State come from:
  - Every county in Iowa
  - Every state in the country
  - Over 100 countries across the world

- Our goal to create a welcoming campus climate for all students, faculty, and staff

- Office of Equal Opportunity

- Identity-based support services:
  - Multicultural Student Affairs
  - Veterans Center
  - The Center for LGBTQIA+ Student Success
  - The Margaret Sloss Center for Women and Gender Equity
  - Directors of Multicultural Student Success
Part III

- Student Health and Wellness
- Campus safety
- Navigating campus
- Getting involved
COVID-19 updates

THIS IS THE WAY

PROTECT YOUR CREWMATES
DON'T BE SUS
Located conveniently on campus
Open during business hours Monday-Friday with late hours on Monday and Saturday
Full-time physicians and registered nurses
Pharmacy services
Allergy clinic, physical therapy, x-rays, wellness programs, and nutritional testing
$120 mandatory student fee plus $8 facility fee
Submit proof of immunizations on AccessPlus under “Student Health Center” by July 31
Submit health insurance information via AccessPlus before school starts
Student and Scholar Health Insurance

- Talk with your family about insurance:
  - Are you covered while you’re a student living in Ames?
  - What needs will you have while at Iowa State?
  - What happens if you need to see a doctor?
  - Am I covered if I need to go to the emergency room?
- You can enroll in a plan through Blue Cross/Blue Shield and/or Delta Dental of Iowa for additional insurance
Student Counseling Services

- 3rd Floor, Student Services Building
- Free walk-in triage, crisis management, assessment, and treatment recommendations
- Individual or group
- Career exploration
- Biofeedback program

Required Online Trainings

- AlcoholEDU
  - Substance abuse prevention
  - Available July 1-August 1
  - Located in Canvas

- Kognito
  - Mental health training
  - Interactive, virtual-role play
  - Available July 1 – August 1
  - Located in Canvas

Recreation Services

- Lied Recreation Center
- State Gym/Beyer Hall
- Forker Building
- Intramural sports
- Outdoor Recreation

Cardinal Directions – Pg. 18
cyclonehealth.iastate.edu
Navigating campus

- CyRide
- Vehicle Pass // Register via AccessPlus beginning July 18
  - $160 per year at residence halls
  - $119 per year for stadium permits
  - $62 per year for motorcycles
- Bikes
  - Register with university (no charge)
  - Quality locks are recommended
  - Park in bike racks on campus
  - Bike maintenance stations on campus
- CIT bus shuttle to Chicago area
- Executive Express Shuttle to DSM Airport
Campus safety

- Iowa State University Police support you as an ISU student
  - Non-emergency line (515 294-4428)
  - Save this number now
- Use common sense just like you would at home
  - Lock doors, mark belongings, purchase bike lock
- HelpVan
- SafeRide ISU
- ISU Guardian
ISU Alert

- Sign up in AccessPlus
- Campus emergency notification system
- Phone call, text, and email notification
- Choose one notification method or all methods

Cardinal Directions – Pg. 21
accessplus.iastate.edu
Getting involved

- 900+ student clubs and organizations
- ClubFest – Sept 8.
- ISU AfterDark
- Student Union Board
- The Workspace, CyBowl & Billiards, The M-Shop
- Lecture series
- Theatre and music programs
- Study abroad
Iowa State athletic tickets

- Big 12 Conference
- ISU students get into the following sports for free:
  - Women’s basketball, wrestling, volleyball, and gymnastics
- All Sports Pass // $299
  - Home football and men’s basketball games
  - Cyclone Alley/FAN (Future Alumni Network) membership
- Football Only Pass // $175
  - All 7 home football games
Action items

• Checklist in the ISU Guides App
• Checklist on the back of Cardinal Directions
• Resources:
  • Refer back to this presentation at admissions.iastate.edu/orientation/publications
  • Review your online orientation
  • Check out the Virtual Resource Fair at flipgrid.com/nsp2021
• Connect with your Cyclone Aide or team members over the summer!