WELCOME TO CATAWBA

The Office of Student Affairs wants to extend a warm welcome to you as the Parent/Guardian of one of the newest members of the Catawba Indian Family. Our hope is that this handbook is able to provide you with the information you will need to support your student as they embark on a new journey.

The next four years, your student will have an experience full of scholarship, character, culture, and service. We want to be able to provide you with the resources to make sure that your student is on the right track and the services that are available to them.

Catawba encourages uniqueness and diversity. There are opportunities among this campus for your student to get involved in and become a part of this community. Our hope is that with your encouragement and support, your student will become involved on campus and make a difference.

Our goal at Catawba is to transform our students to be well-rounded with a nurturing community, inspire through our committed and supportive faculty, staff and coaches, and offer a sense that your student belongs here by encouraging them to be the best version of themselves and leaf a fulfilling life.

On behalf of The Office of Student Affairs and the Catawba family and community, we want to thank you and wish you the best of luck as you too are commencing a new and exhilarating journey of your life with your student and a place we call home.

Welcome to the Catawba Family!
Catawba
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CATAWBA CONTACTS

Admissions
704-637-4402

Alumni
704-637-4201

Athletics
704-637-4474

Bookstore
704-637-4470

Business and Finance
704-637-4388

Career Services
704-637-4384

Catawba Conferences
704-637-4200

Counseling
704-637-4373

Development
704-637-4394

Dining Services (Chartwells)
704-637-4400

Academic Accessibility & Disability Services
704-637-4175

Environmental Services (Housekeeping)
704-637-4242

Distance and Online Education
704-637-4772

Facilities Management
704-637-4564

Financial Aid
704-637-4416

Student Health Center
704-637-4404

Housing and Residence Life
704-437-4382

Human Resources
704-637-4227

Information Technology (IT)
704-637-4666

Institutional Research
704-637-4742

Library
704-637-4448

The Lilly Center for Vocation and Values
704-637-4488

NCAA Compliance
704-637-4475

Post Office/Mail Services
704-637-4107

Provost’s Office
704-637-4466

Public Relations
704-637-4393

Public Safety
704-637-4000

Registrar
704-637-4411

Student Affairs
704-637-4410

Student Government Association (SGA)
704-637-4310

Student Success
704-637-4175

Title IX (Laura Gilland)
704-637-4114
**ACADEMIC CALENDAR**

### Day Program - First Semester (Fall 2021)

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-13</td>
<td>MON-FRI</td>
<td>Pre-term Meetings</td>
</tr>
<tr>
<td>12-13</td>
<td>THURS-FRI</td>
<td>Orientation (Session IV) for NEW Students / First-Year Students Arrive</td>
</tr>
<tr>
<td>14</td>
<td>SAT</td>
<td>Residence Halls Open</td>
</tr>
<tr>
<td>14-17</td>
<td>SAT-TUES</td>
<td>Welcome Week for All NEW Students</td>
</tr>
<tr>
<td>16</td>
<td>MON</td>
<td>Transfer Registration / Upper-class Students Arrive</td>
</tr>
<tr>
<td>17</td>
<td>TUES</td>
<td>FIRST-YEAR Students Register / Opening Convocation</td>
</tr>
<tr>
<td>18</td>
<td>WED</td>
<td>Classes Begin</td>
</tr>
<tr>
<td>25</td>
<td>WED</td>
<td>Last Day to Add/Drop a Course by 4PM / Last Day to file for December &amp; January Graduation</td>
</tr>
</tbody>
</table>

### SEPTEMBER

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>MON</td>
<td>Labor Day Holiday / No Classes</td>
</tr>
<tr>
<td>27</td>
<td>MON</td>
<td>Last Day to Remove “I” Grades Outstanding from Spring or Summer</td>
</tr>
</tbody>
</table>

### OCTOBER

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>THURS</td>
<td>Progress Reports Due</td>
</tr>
<tr>
<td>9-12</td>
<td>SAT-TUES</td>
<td>Fall Break</td>
</tr>
<tr>
<td>22</td>
<td>FRI</td>
<td>Last Day to Withdraw (&quot;W&quot;) from a Class by 4PM</td>
</tr>
<tr>
<td>25-28</td>
<td>MON-THURS</td>
<td>Registration for Winter Term and Spring Semester</td>
</tr>
<tr>
<td>29</td>
<td>FRI</td>
<td>Last Day for Voluntary Withdrawal</td>
</tr>
<tr>
<td>29-31</td>
<td>FRI-SUN</td>
<td>Homecoming 2021</td>
</tr>
</tbody>
</table>

### NOVEMBER

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>24-28</td>
<td>WED-SUN</td>
<td>Thanksgiving Break</td>
</tr>
</tbody>
</table>

### DECEMBER

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>WED</td>
<td>Last Day of Classes</td>
</tr>
<tr>
<td>2</td>
<td>THURS</td>
<td>Study Day</td>
</tr>
<tr>
<td>3-8</td>
<td>FRI-WED</td>
<td>Final Exams</td>
</tr>
<tr>
<td>9</td>
<td>THURS</td>
<td>All Grades Due at 12PM/Noon / Residence Halls Close for Christmas Break at 5PM</td>
</tr>
</tbody>
</table>

### Winter Term 2021

**DECEMBER**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>FRI</td>
<td>Winter Term Begins</td>
</tr>
<tr>
<td>13</td>
<td>MON</td>
<td>Last Day to Add a Winter Term Class by 4PM</td>
</tr>
<tr>
<td>23</td>
<td>THURS</td>
<td>Last Day to Withdraw (&quot;W&quot;) from a Winter Term Class by 4PM</td>
</tr>
</tbody>
</table>

**JANUARY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>THURS</td>
<td>Last Day of Winter Term Classes / Winter Term Grades are Due by 4PM</td>
</tr>
</tbody>
</table>

### Day Program - Second Semester (Spring 2022)

**JANUARY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>THURS</td>
<td>Residence Halls Open at 12PM/NOON</td>
</tr>
<tr>
<td>7</td>
<td>FRI</td>
<td>Orientation for Transfer, New, and Re-Entering Students / Registration for New Students / Advising for Returning Students</td>
</tr>
<tr>
<td>10</td>
<td>MON</td>
<td>Classes Begin</td>
</tr>
<tr>
<td>17</td>
<td>MON</td>
<td>Martin Luther King, Jr. Holiday / College Closed</td>
</tr>
<tr>
<td>19</td>
<td>WED</td>
<td>Last Day to Add/Drop a Course by 4PM / Last Day to file for May &amp; August Graduation</td>
</tr>
</tbody>
</table>

**FEBRUARY**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>MON</td>
<td>Last Day to Remove “I” Grades Outstanding from Fall Semester and Winter Term</td>
</tr>
<tr>
<td>28</td>
<td>MON</td>
<td>Progress Reports Due</td>
</tr>
</tbody>
</table>

**MARCH**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-13</td>
<td>SAT-SUN</td>
<td>Spring Break</td>
</tr>
<tr>
<td>15</td>
<td>TUES</td>
<td>Last Day to Withdraw (&quot;W&quot;) from a Class by 4PM</td>
</tr>
<tr>
<td>21-24</td>
<td>MON-THURS</td>
<td>Registration for Summer Session and Fall Semester</td>
</tr>
<tr>
<td>24</td>
<td>THURS</td>
<td>Last Day for Voluntary Withdrawal</td>
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</tbody>
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**APRIL**

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<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-17</td>
<td>FRI-SUN</td>
<td>Easter Break / College Closed</td>
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<tr>
<td>21</td>
<td>THURS</td>
<td>Awards Convocation / Last Day of TR Classes</td>
</tr>
<tr>
<td>26</td>
<td>TUES</td>
<td>Last Day of M/W/F Classes (W classes meet on Tuesday, April 26th)</td>
</tr>
<tr>
<td>27</td>
<td>WED</td>
<td>Study Day</td>
</tr>
<tr>
<td>28-May 3</td>
<td>THURS-TUES</td>
<td>Final Exams</td>
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</table>

**MAY**

<table>
<thead>
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<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>WED</td>
<td>All Grades Due by 12PM/NOON</td>
</tr>
<tr>
<td>5</td>
<td>THURS</td>
<td>Senior Investiture</td>
</tr>
<tr>
<td>6</td>
<td>FRI</td>
<td>Baccalaureate</td>
</tr>
<tr>
<td>7</td>
<td>SAT</td>
<td>Commencement; Residence Halls Close for All Students at 5PM</td>
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GETTING HELP FOR YOUR STUDENT

There are times during your student’s college career that they may need your guidance and support to get through situations. We want to provide you with the FREE resources that are accessible to your student through these times. Some places on campus are able to help you in a variety of ways. This includes Resident Assistants, the Office of Student Affairs, and the Faculty and Staff on campus.

RESIDENT ASSISTANTS (RAS)
Students who are living on campus will have an RA (Resident Assistant) on their floor or section that they can go to for questions, concerns, or anything that may be bothering them or with something with which they need assistance. The RAs receive specialized training so that they are able to help answer questions and handle difficult situations that may arise during the academic year. The RAs are knowledgeable about the College and are a great starting point to get any help.

Catawba.edu/RA

THE OFFICE OF STUDENT AFFAIRS
In the Office of Student Affairs, there are many resources to help students with anything they may need. A variety of staff members are willing to help students as they need it. The Student Affairs suite includes the Senior Vice President for the College Experience and Dean of Students, Student Conduct, Counseling Services, Housing and Residence Life, Student Activities, Wellness and Intramural Sports, and Wellness Promotion. The student affairs staff welcomes students dropping by without appointments.

FACULTY AND STAFF
At Catawba, the faculty and staff are dedicated to the students and are more than willing to help students with problems they may have. The list of faculty and staff within the Academic Departments can be found on the website (www.catawba.edu/chairs) with links to their email addresses. Students may email faculty and staff or stop by during their office hours.

STUDENT SUCCESS COACHES
Our Student Success Team is excited to be working with you and your student as they begin this important next chapter in their lives. The Student Success Coaches are here to assist you and your student as they begin this transformative life experience.

Our team values the connections we make with families, and if we can be of any assistance to you, please reach out to your student’s Success Coach or Daryl Bruner with any Student Success questions. We look forward to celebrating with you and your student at graduation.

Daniel Allen was born in Winston-Salem, North Carolina and grew up in the central and eastern part of the state. Daniel received a Bachelor’s degree in History and a Bachelor’s degree in Social Sciences Education from Western Carolina University. Realizing a passion for working with college students, Daniel returned to Western Carolina University and earned a Master’s degree in College Student Personnel. Daniel has a background in residence life, campus programming, and working specifically with the freshmen population. He is always looking to help students so that they can be successful. Daniel’s hobbies include playing golf, reading, and traveling. Contact Daniel at djallen19@catawba.edu.

Dinah Neal is a proud alumnus of Barton College (BS in Psychology) and North Carolina A&T State University (MS in Adult Education). She is a former student-athlete, having won a NCAA Conference Tournament Championship in 2017-2018 with the Barton College Women’s Basketball team. Dinah is passionate about assisting students and student-athletes academically. She enjoys spending quality time with family and friends, watching basketball, and traveling. Contact Dinah at dmneal20@catawba.edu.

Austin Mangus received his bachelor’s degree from Wesley College in Dover Delaware in Exercise Sports Science and is currently working on his masters in Sports Leadership through Wesley College as well. He was raised in New Jersey but was adopted from Russia. He enjoys watching sports and exploring new things. He loves helping others and seeing others succeed in what they want to do in life. He also likes watching T.V. shows such as The Office, Shameless, and Big Bang Theory. Contact Austin at armangus20@catawba.edu.
DEAN OF STUDENTS
Jared Tice, Catawba’s Dean of Students and Senior Vice President for the College Experience, joined the Catawba Family in June of 2018. To book an appointment with Jared, please visit https://jaredtice.youcanbook.me or email him at jrtice18@catawba.edu. He is here for the students, so please do not hesitate to contact him!

STUDENT CONDUCT
The conduct office at Catawba works with students and other campus constituents regarding issues of student misconduct and discipline, sexual assault/violence, and campus safety. The office of Student Conduct is located in the Student Affairs Suite located in the Student Affairs Suite. For information about Student Conduct, please contact Laura Gilland, Director of Conduct and Title IX Deputy Coordinator, at lgwimpey@catawba.edu or call 704-637-4114. To make an appointment with Laura, please visit lgilland.youcanbook.me.

OFFICE OF HOUSING AND RESIDENCE LIFE
Residence life at Catawba is considered an integral part of a student’s development and important to the college experience. Professional and paraprofessional staff persons are committed to providing an environment conducive to a student’s academic, social, and personal growth. Appropriate programs, services, and guidelines are provided to promote a positive residence life program. Catawba requires on campus housing for all full-time students (enrolled in 12 or more credit hours) who are not 21 years of age and who do not room and board with their parents, guardian, or spouse. Students are assigned campus housing facilities through the Office of Student Affairs under Housing and Residence Life.

Please refer to the Housing and Residence Life section on the Catawba website to learn more and to review policies and guidelines! You may also contact Marcus Washington, Director of Housing, at mjwashin18@catawba.edu or visit his office in the Student Affairs Suite #210G on the first floor of Cannon Student Center.

COUNSELING AND WELLNESS PROMOTION SERVICES
The mission of CWPS is to enhance the quality of life of Catawba students by emphasizing the important of maintaining a healthy lifestyle through educational programs and/or individual counseling sessions. Personal Counseling services are available for day students, free of charge, and can be a great resource for learning ways to adapt to and manage life stressors. Students can schedule appointments for individual counseling with one of our licensed counseling staff for help dealing with family conflict, depression or loneliness, substance abuse, relationship issues, anxiety and stress, sexual assault, financial worries, grief and loss, and many other concerns. Students may schedule appointments with any of our three counselors at their convenience either by emailing them directly or using their appointment booking links below. ALL counseling information is strictly CONFIDENTIAL, is not shared with parents or others unless the student gives permission.

Avery L. Barber, LCMHC
37 years in social work, substance abuse, community mental health, and private practice
• albarber@catawba.edu
• https://albarber.youcanbook.me

Debbie M. Insley, LCAS
M.S. Criminal Justice – UNC-Charlotte, 1987
Over 30 years in substance abuse, wellness education, and counseling for young adults
• dminsley14@catawba.edu
• https://dminsley14.youcanbook.me

Lauren R. Stephenson, LCMHCA
M.S. Clinical Mental Health Counseling – UNC-Greensboro, 2010
Broad counseling background with experience in grief and loss, depression and anxiety, and stress management
• Lstephen18@catawba.edu
• http://counselor-lauren.youcanbook.me

The counseling services hours of operation are:
Monday-Thursday: 9am-5pm
Friday: 9am-3pm
PUBLIC SAFETY
The Office of Public Safety at Catawba is established to provide quality service in partnership with our community to ensure a safe and secure environment that will support and enhance the learning process. They are committed to the prevention of crime and the protection of life and property; the preservation of peace, order, and safety; the enforcement of laws of the State of North Carolina along with the rules and regulations of Catawba.

With community service as their foundation, they are driven by goals to enhance the quality of campus life, investigating problems as well as incidents, seeking solutions and fostering a sense of security through programs reflecting the needs and desires of the Catawba community. They nurture trust by holding themselves to the highest standards of performance and ethics.

If your student feels unsafe on campus, or see something that is not right, please have them call Public Safety at 704-637-4000. They will come to your student and walk with them or drive them to the location that they need to get to.

The Catawba Public Safety Office is responsible for Student ID’s. If your student’s ID card was stolen, lost, broken, or just won’t work, call Public Safety and they will help your student fix the problem.

If your student is locked out of their residence hall after office hours during the week or on the weekend, please have them call Public Safety and they will be able to let your student in.

Catawba Public Safety is also in charge of parking. To learn more about Public Safety and Parking, please visit Catawba.edu/safety or email secure@catawba.edu.

Along with steps to safety, the school has CatawbaAlerts, which are texts, calls, and emails sent to students and parents that are signed up to alert them of severe weather, potential lockdowns, or any other campus wide state of emergency. There is more information about the alerts on the website: Catawba.edu/alerts

Public Safety is here to keep the campus and the students safe!

HEALTH AND WELLNESS
The Proctor Student Health Center is located on the back side of the Cannon Student Center directly across from Foil House Residence Hall (unfortunately, there is no access from inside the Cannon Student Center). Students may see medical personnel at no charge for minor illnesses. The medical staff can test for flu, pregnancy, strep, sexually transmitted diseases at a reduced rate. The center is staffed Monday – Friday from 8:00 am until 5 pm.

Prior to first registration at Catawba, all students are required to complete a Health History and an optional physical exam. All students may receive assistance in the health center.
ACADEMICS AND ADVISING
All students are assigned an academic advisor upon entering the college. This advisor is typically your first year seminar professor until you declare a major. This advisor is going to assist your student in their course selection, and make them aware of the courses they will need to complete in order to earn their degree.

Exam Schedules:
Students should be aware of their exam schedules at the beginning of the semester in order to make accommodations to be moved off campus by the deadlines that they are to follow (see academic calendar). The exam schedule is posted on the registrar’s website, as is other useful information. Catawba.edu/registrar

OFFICE OF ACADEMIC ACCESSIBILITY
When your student chose to come to Catawba they make a very important decision for an education rich in personal interaction. Student Academic Success offers a variety of services to support the Academic Achievement of our students, including Success Coaching, Supplemental Instruction, and Tutoring. Throughout the semester we offer a variety of helpful strategic workshops, such as Planning and Time Management, to our popular ‘Stop Studying and Start Learning’ series.

For more information stop by our offices in Hedrick Administration Building, Room 133, or email us at studentsuccess@catawba.edu.

Catawba recognizes disability as a valued aspect of diversity. As a campus, we understand access as a matter of social justice, and strive to design more welcoming and inclusive environments.

For more information, contact studentsuccess@catawba.edu or visit their office located in the Administration Building Room 133.

CAREER SERVICES
Catawba Career Services assists students with career planning and referrals in the career development process, including resumes, cover letters, personal statements, interviewing, networking, branding, social media, and more. We connect employers and students through interviews, mock interviews, and speakers, and host job fairs and on-campus recruiting events throughout the year. For help with internships, your resume, interviewing, career planning, or tips on finding a job, contact Michael Frederick ’05, Director of Internships and Career Planning, at mfrederi20@catawba.edu. Career Services is located on the 1st floor of Hedrick Administration Building. Office hours are 8:30am to 4:30pm, Monday through Friday. Learn more at Catawba.edu/careers.

MAIL SERVICES
All registered Full-Time Catawba students are assigned a numbered mailbox, which they will keep for their entire time as a Catawba student. The Department of Mail Services provides mailing services to the Catawba Community which includes USPS, FedEx, DHL and UPS. The mail room also sells stamps.

Mail Services is located on the lower level of the Cannon Student Center, located across from the Lerner Wellness Center.

Hours of Operation are 9:00am -4:00 pm and closed on major holidays and when the College is closed.

The address label for mailings to your student should take the following format:
Student Name
2300 W Innes St
Campus Box #
Salisbury, NC  28144

To learn more about the Mail Services or any questions, please contact Christine Walden at cowalden@catawba.edu. Catawba.edu/postoffice
The first year of college is full of changes, adjustments and new beginnings. There are many important parts of the first year of college. Below are some of the highlights!

**MOVE-IN DAY**
Now that your student is moved in, there are a few things to check for in order to avoid fines later. There are several items students are not permitted to have in their rooms, including but is not limited to: candles, electric frying pans, incense, pets (exception: fish in 10 gallon or smaller aquarium), space heater, toaster oven, open heat source, water beds, or window air conditioners. Extension cords are allowed but they must have a surge protector. For more information on what your student is and is not allowed, please visit the website for a full list.
Catawba.edu/residencelife

**ADJUSTING TO COLLEGE LIFE**
College is much different than any other schooling or life students have experienced. You are not there to wake them up after they have hit snooze three times! Living with someone may be a completely new experience. What if your student cannot stand their roommate? During the transition from home to living on campus, students must wait until the add/drop date (usually 10 days into the semester) for courses before they can request a room change. In many cases this time allows for a complete turnaround.

**GETTING INVOLVED**
Involvement is a key component to student success, so please encourage your students to get involved in something during their first semester. There are many options to choose from. Have them look at Intramural sports and the clubs and organizations website to find something that may be appealing to them!
Catawba.edu/clubs

**FIRST-YEAR RESIDENCE HALLS**
There are two First-Year Residence Halls, Salisbury-Rowan and Woodson. These buildings are “substance-free” meaning alcohol and illegal drugs are not permitted in the building. For more information on Residence Halls and their policies, please see the Housing and Residence Life page.
Catawba.edu/residencelife

**SUMMER CONSIDERATIONS**
Summer is full of many options and opportunities! It is not too early to look into internships if a major has been selected. Career Services will have a list of summer job opportunities and summer housing is available for students if they decide to take summer classes. If your student does not want to take everything back home over the summer months, we suggest looking into a storage facility to rent. This is a great option for out of state students.

**CARS**
All students, including first year students, are allowed to bring car to campus. The cost is $50 per semester and they will receive a parking permit. The fee for parking will be placed on your student’s account. Please make sure your student’s car is registered in order to avoid fines. If a student needs a temporary parking pass due to having a different vehicle they must see public safety for a temporary tag. If the switch is permanent and not temporary, they will need to re-register their cars with the Office of Public Safety.
AFTER THE FIRST YEAR

CHOOSING A MAJOR
All first-time freshman have no declared major in their first semester. Students will have an opportunity to meet with advisors in their prospective major during the fall semester. Students will have an opportunity to meet with advisors in the prospective major during Welcome Weekend. First-time freshman may then declare their major in their second semester.

ROOMMATES
After the First Year, students are able to choose their own roommates – they may choose to continue to room with their current roommate or move on with a new group of friends. Room selection occurs in April of each year (after class registration). Students must be registered for twelve credit hours in the upcoming fall semester in order to go through room selection.

HOUSING
Each spring, the returning students will go through housing selection for the upcoming fall semester. Students are assigned a lottery number based on credits of housing group (completed course hours). Based on the lottery number and their rising class, students are able to pick a room based on what is available to them. Costs for housing by building is:

<table>
<thead>
<tr>
<th>RESIDENTIAL BUILDING/HALL</th>
<th>2022-2023 ROOM RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Woodson &amp; Salisbury-Rowan (First-Year) Halls</td>
<td>$6,564</td>
</tr>
<tr>
<td>Ruth Richards, Foil, Hollifield, Catawba Hall,</td>
<td></td>
</tr>
<tr>
<td>Hall House B and Pine Knot Halls</td>
<td>$6,770</td>
</tr>
<tr>
<td>Barger-Zartman and Stanback Halls</td>
<td>$6,978</td>
</tr>
<tr>
<td>Hurley, North Park, Goodman East &amp; West, Hake Halls</td>
<td>$7,388</td>
</tr>
<tr>
<td>Graham, Purcell, and Fuller Halls</td>
<td>$7,594</td>
</tr>
</tbody>
</table>

REQUEST TO LIVE OFF CAMPUS
If a student decides they want to move off campus, a request to live off campus form must be submitted to Housing and Residence Life. The student must meet one of the requirements. These requirements are:
- to be 21 or turning 21 during the semester requesting to live off
- must have completed 90 credit hours
- must live with a parent or guardian
- must be married or have a child.
- Students must request by March 1st for the fall semester or November 1st for the following spring semester.

Catawba.edu/offcampus

DEADLINES
Please make sure your student stays aware of deadlines, such as payments, registration, last day to withdraw and graduation registration. Deadlines are communicated to students through campus mail and campus email. Students are responsible for checking both on a regular basis.

THE FUTURE
Career Services helps students in a variety of ways providing resources such as resume building to job and graduate school fairs.
CATAWBA BY THE NUMBERS

Catawba was founded in Newton, North Carolina, in 1851 by the German Reformed Church. The College—which is today affiliated with the United Church of Christ—moved to its present location in Salisbury in 1925. The College endeavors to attract students both nationally and internationally of good ability and character. A private, coeducational institution, Catawba offers the Bachelor of Arts, Bachelor of Business Administration, Bachelor of Fine Arts, Bachelor of Science, and Master of Education degrees to traditional and non-traditional students. The College also serves the public through educational outreach and volunteer service programs for the world community.

**TYPE:** Private, coeducational, residential, institution offering career preparation grounded in the liberal arts tradition

**FOUNDED:** 1851

**AFFILIATION:** United Church of Christ

**ACCREDITATION:** Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award bachelors and master’s degrees

**LOCATION:** Salisbury, NC, a historic Southern city (pop 33,640) located 45 minutes from the greater Charlotte area, Greensboro and Winston-Salem and two hours from the mountains and four hours from the beaches.

**RESIDENCE LIFE:** Approximately 83% of first-year students live on campus

**ACTIVITIES AND TRADITIONS:** Homecoming, Catawba Late Nights, Catawba Palooza, Family Weekend, Wigwam Productions (campus entertainment events), College Marshall’s Walk, Service of Lessons and Carols, Catawba House of Pancakes, volunteer/service projects, and much more.

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**1296 STUDENTS**
from 34 U.S. States and 19 foreign countries

**80 FULL-TIME FACULTY**
more than 83% hold the highest degrees in their fields

**12:1 STUDENT-FACULTY RATIO**

**OVER 70 ACADEMIC FIELDS OF STUDY**
plus the option of creating your own individualized major

**$43,510**
Tuition and Fees (2021-2022) (including room and board)

**$25,433**
First-Time Freshman Average Financial Aid Package (2019-2020)

**OVER 47 STUDENT CLUBS & ORGANIZATIONS**
including honor societies and special interest clubs

**23 NCAA DIVISION II SPORTS**
Baseball, Men’s and Women’s Basketball, Beach Volleyball, Men’s and Women’s Cross Country, Developmental Women’s Soccer, Developmental Men’s Basketball, Football, Indoor Volleyball, Men’s and Women’s Golf, Men’s and Women’s Lacrosse, Men’s and Women’s Soccer, Softball, Men’s and Women’s Swimming, Men’s and Women’s Tennis, Men’s and Women’s Track and Field.
STUDENT LIFE

Catawba is committed to providing students an education rich in personal attention that blends the knowledge and competencies of liberal studies with career preparation. Catawba draws strength from Judeo-Christian values, sustains a dynamic community of learners and seeks to unite a diverse population of students, faculty and staff as active co-participants in scholarship and service. Catawba prepares students to reach their highest potential while becoming responsible citizens with a zeal to enrich human life.

Student Governance

Student Government Association (SGA)
SGA seeks “to promote unity among the student body within the college community, to promote a quality educational environment, to protect common interests, to create an atmosphere of free discussion, inquiry, and self-expression, to insure the personal freedom and general welfare of the student body, and to instill in the student body the principles of self-government.”

Student Conduct Board
The Student Conduct Board is a group of person(s) authorized by the Dean of Students to determine whether a student has violated the Student Code and to recommend sanctions that may be imposed when a rules violation has been committed.

Housing and Residence Life
Housing and Residence Life handles all housing related issues. The department consists of the Director, the Assistant Director, two Grad Assistants and a staff of thirty-one resident assistants. Their primary responsibilities include ensuring safety within residence halls, implementing social and educational programming in the halls, and serving as a resource to students. Please refer to the prior section on Housing and Residence Life and Resident Assistants.
Catawba.edu/residencelife

Dining
The Cannon Dining Hall is an all-you-can-eat dining hall. Located in the Lower Level of the Cannon Student Center, our Dining Hall has eight different stations that offer a variety of options, from salad, home cooked food, pizza and pasta, the grill, and of course – sweets! Catawba Dining Services has a registered dietitian that provides nutrition information regarding weight management, food allergies and sensitivities, health, and fitness. Cannon Dining Hall uses your Student ID to swipe into the dining hall, BLUE 51, and Bowl Life. You can make changes to your meal plan prior to the add/drop date at the beginning of each semester. You may add money to your dining services account at any time during the semester. Hours of Operation are as follows:

<table>
<thead>
<tr>
<th>DAY</th>
<th>MEAL</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY-THURSDAY:</td>
<td>Breakfast</td>
<td>7:30am-10:00am</td>
</tr>
<tr>
<td></td>
<td>Light Breakfast</td>
<td>10:00am-11:00am</td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td>11:00am-1:30pm</td>
</tr>
<tr>
<td></td>
<td>Light Lunch</td>
<td>1:30pm-4:00pm</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>5:00pm-7:30pm</td>
</tr>
<tr>
<td>FRIDAY:</td>
<td>Breakfast</td>
<td>7:30am-10:00am</td>
</tr>
<tr>
<td></td>
<td>Light Breakfast</td>
<td>10:00am-11:00am</td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td>11:00am-1:30pm</td>
</tr>
<tr>
<td></td>
<td>Light Lunch</td>
<td>1:30pm-4:00pm</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>5:00pm-7:00pm</td>
</tr>
<tr>
<td>SATURDAY:</td>
<td>Continental Breakfast</td>
<td>8:00am-10:00am</td>
</tr>
<tr>
<td></td>
<td>Brunch</td>
<td>11:00am-1:30pm</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>5:00pm-7:00pm</td>
</tr>
<tr>
<td>SUNDAY:</td>
<td>Brunch</td>
<td>11:00am-1:30pm</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>5:00pm-7:00pm</td>
</tr>
</tbody>
</table>
BLUE 51 and Bowl Life are located in the Cannon Student Center. This location offers a wide variety of snacks, meals, coffee and drinks. Hours of Operation are as follows:

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Thurs</td>
<td>7:00am-10:00pm</td>
</tr>
<tr>
<td>Friday</td>
<td>7:00am-3:00pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Sunday</td>
<td>5:00pm-10:00pm</td>
</tr>
</tbody>
</table>

*Hours may be abbreviated during holidays and dates that the College is closed.

For more information on Catawba’s Dining Services, please contact John Eddings at john.eddings@compass-usa.com or call 704-637-4400 or visit Catawba.edu/dining.

**Public Safety**

Public Safety serves to provide a safe environment on campus. There are always Public Safety Officers on call to respond to various situations. Please refer to the prior section on Public Safety or visit the website for more information. Catawba.edu/safety

**Health and Wellness**

The Nurses work to be easily accessible for students and provide information to them as needed. Please refer to the prior section on Health and Wellness or visit the website for more information. Catawba.edu/health

**Student Organizations**

Catawba offers many opportunities to be involved in clubs and organizations. To see all the organizations, please visit our website. There are around 40 different groups to consider. Catawba.edu/clubs

**Information Technology (IT)**

IT is responsible for creating and maintaining the IT infrastructure at the college. This infrastructure includes the data, voice, and cable networks and all the computers, devices, software systems, and data bases that connect to these networks. Policies, resources, news and other information are available at Catawba.edu/it.

Contact the 24/7 IT Help Desk Service at 704-637-4666 or Catawba.edusupportcenter.com. IT offices are located in Hoke Hall. Offices hours are Monday-Friday 7:45am-5pm, closed on Saturday and Sunday.

**Business and Finances**

The Office of Business and Finance is in the Hedrick Administration Building. Please contact them about the billing and payment arrangements. Students are also able to cash checks less than $50.00.

**Dates and Deadlines**

**Important Dates**

- Fall Semester Tuition Payments- July 15th
- Spring Semester Tuition Payments- December 15th

**ONE Card**

The ONE Card is used as identification for access to building and computer labs, meal plans, and to purchase items in the bookstore, cafeteria, or to use the printers. Catawba.edu/onecard

**ONLINE Payments**

Catawba.edu/pay

**Parking**

There are designated parking areas for students, both residential and commuter. Any student can park in the General Parking lot. Parking appeals must be submitted within 10 days of receiving the ticket and can be done online. Please see the parking map to see lot designations. Catawba.edu/parking

**Career Services**

Catawba Career Services assists students with career planning and referrals in the career development process, including resumes, cover letters, personal statements, interviewing, networking, branding, social media, and more. We connect employers and students through interviews, mock interviews, and speakers, and host job fairs and on-campus recruiting events throughout the year. For help with internships, your resume, interviewing, career planning, or tips on finding a job, contact Michael Frederick ’05, Director of Internships and Career Planning, at mfrederi20@catawba.edu. Career Services is located on the 1st floor of Hedrick Administration Building. Office hours are 8:30am to 4:30pm, Monday through Friday. Learn more at Catawba.edu/careers.
OTHER RESOURCES

Division of Student Affairs

Director of Wellness Promotion: Ms. Debbie Insley
College Counselor: Mr. Avery Barber
College Counselor: Ms. Lauren Stephenson
Director of Proctor Health Center and Nurse: Ms. Teresa Bivins, RN
Nurse: Ms. Allison Barriger-Wilson, RN
Director of Dining Services for Chartwells: Mr. John Eddings
Director of Public Safety: Mr. David Najarian
Director of Mail Services: Ms. Christine Walden
Assistant to the Sr. VP of the College Experience & Office Manager for Student Affairs: Ms. Sharon Newsome
Director of Internships and Career Planning: Mr. Michael L. Frederick, ‘05
Associate Dean for Housing and Residence Life: Ms. Ashley Spearman
Director of Campus Life: Ms. Octoria Ridenhour
Director of Wellness & Intramural Sports, Assistant Director of Housing & Residence Life: Ms. Emily Schneider
Director of Academic AccessAbility & Disability Services: Mr. Daryl Bruner

College Administration

President: Dr. David P. Nelson
Vice President for Development: Ms. Meg Dees
Senior Vice President and College Chaplain: Rev. Dr. Kenneth Clapp
Provost: Dr. Constance Lowery
Sr. Vice President for the College Experience and Dean of Students: Dr. Jared Tice
Vice President of Finance: Ms. Lauren Cox
Chief Information Officer: TBA

Academic Affairs

Provost: Dr. Constance Lowery
Associate Provost: Dr. Forrest Anderson
Registrar: Ms. Chrisanne Rancati
Assistant to the Provost: Ms. Glenda Leonard

Academic Deans
Dean of Ketner School of Business: Dr. Eric Hake
Dean of School of Health Sciences & Human Performance: Dr. James Hand

Athletics
Athletic Director: Mr. Craig Turnbull
Director of NCAA Compliance: Mr. Craig Turnbull
Associate Athletic Director & Director of Athletic Development: Mr. Jeff Childress
Administrative Assistant: Ms. Pam Barber
Assistant Athletic Director: Mr. Peter Bourque
Senior Women’s Administrator: Ms. Mandy Harris-Morgan

Admissions/Financial Aid
Director of Financial Aid: Ms. Kelli Hand
Associate Director of Financial Aid: Ms. Kimberly Kpon
Assistant Director of Financial Aid: Mr. Shon Sims
Financial Aid Counselor/Financial Literacy Coordinator: Ms. Kimberly Kpon
Senior Director of Admissions: Ms. Steffanie West

The Lilly Center for Vocation and Values
Director: Rev. Dr. Kenneth Clapp
Director of the Lilly Center: Mr. Johnathon Boles
Director of the Theology Institute: Ms. Shannon Axtell Martin
Executive Assistant: Ms. Penny Rice
In order to educate individuals to live responsibly in community and to create an environment that encourages respectful expression of values, without censorship, the Catawba community has developed and endorsed the Catawba Honor Code. It is intended that the Honor Code will promote a climate of trust, concern, and respect conducive to learning and personal growth in community.

Everyone who is a member of the Catawba community has responsibilities to respect others, to communicate honestly, to seek excellence and to participate in creating a fair and compassionate atmosphere on campus. Faculty, administrators and staff have responsibilities to endeavor to enhance the personal and intellectual development of other persons; to be compassionate, through and fair in evaluating performance of students and professional associates; to use the authority of their office in ways that respect persons and avoid the abuse of power; and to conduct their professional activities in ways that uphold the ideals of virtue and excellence. Therefore, Catawba students, faculty, staff and administrations are committed to the Catawba Honor Code which is set forth as follows:

As a member of the Catawba Community, I will uphold the value of academic honesty that grounds our institution, and I will not lie, cheat, or steal.
School of Education
Fields of Study: Elementary Education K-6, Middle School 6-9 (Specializations in: Language Arts, Mathematics, Science, Social Studies), Physical Education, Special Education K-12 (Concentration in Elementary)
Licensure Programs: Secondary Education (9-12) (Biology, Chemistry, Comprehensive Science, Comprehensive Social Studies, English, Mathematics), Special Subject Areas (K-12) (Music) and Reading (Add-on only)
Catawba.edu/education

School of Health Sciences & Human Performance
Fields of Study: Exercise Science, Therapeutic Recreation, Sport Management, Recreation, Nursing (Bachelor of Science in Nursing Pre-Licensure and RN to BSN)
Catawba.edu/healthsciences

School of Performing Arts
Catawba.edu/performingarts

Honors Program
The Catawba Honors Program cultivates a community of academically gifted students who pursue challenging educational experiences with outstanding faculty. Through interdisciplinary, provocative, and intellectually demanding courses, the Honors Program piques the curiosity of students, encouraging them to become life-long learners whose lives are enriched by their experiences. Honors students take a series of classes that are distinctive in content and quality- and often team taught- along with other Honor students; they finish their honors work in a portfolio and complete a narrative that reviews that work. Honors students both domestically and internationally to complement their honors both domestically and internationally to compete and complement their honors studies.
Catawba.edu/honors

School of Distance and Online Education
Degree Programs: B.B.A., Business Administration (Concentrations in Business Management, Information Systems, Professional Accounting), B.A.E., Birth-Kindergarten Education. B.S.N., Nursing (RN to BSN)
Non-Degree Programs: Lateral Entry Teachers
Graduate Programs: Business Administration (General Management): M.B.A., Clinical Mental Health Counseling; M.H.S., Sport Management: M.S.P.M., STEM Education: M.Ed.
Catawba.edu/doe

Library
Catawba.edu/library

Hours during Academic Year
Monday-Friday: 8:00am-5:00pm (card access only)
Saturday & Sunday: Closed

Other Academic Resources
Catawba.edu/resources

Summer School
Catawba.edu/summer

Winter Term
Catawba.edu.winter
The Congress of the United States, on August 21, 1974, enacted into law FERPA. This act sets out requirements of educational institutions designed to protect the privacy of students and their records. Specifically, the act governs access to education records maintained by educational institutions and the release of information contained in such records. Copies of the law as recorded in the federal register may be reviewed in the Registrar’s Office. The following statements and policies govern the College’s compliance with the provisions of the act.

The term “educational records” means those records, files, documents, and other materials which contain information relating directly to a student and are maintained by the college or a person acting for the College. The term “education records” does not include:

- Records of instruction, supervisory, or administrative personnel and educational personnel ancillary thereto which are in the sole possession of and maker thereof and which are not accessible or revealed to any other person except as a substitute;
- Records and documents of the university’s Security Department which are kept apart and are maintained solely for law enforcement officials of the same jurisdiction;
- Records on a students which are made of maintained by a physician, psychologist, psychiatrist, or other registered professional or paraprofessional acting in their professional or paraprofessional capacity, or assisting in that capacity, and which are made, maintained, or used only in connection with the provision of treatment to the student, and are not available to anyone other than the persons providing such treatment, except that such records can be personally reviewed by a physician or other appropriate professional of a student’s choice.

A student’s rights with respect to his/her education records are as follows:

1. The right to inspect and review the student’s education records within 45 days of the day the College receives a request for access. Students should submit the registrar, dean, head of the academic department, or other appropriate official, written requests that identify the record(s) they wish to inspect. The College official will make arrangements for access and notify the student of the time and place where the records may be inspected. If the records are not maintained by whom the request should addressed. In the event the requested record includes information on more than one student, each student shall be entitled to review or be informed only of that part which pertains to themselves.

2. The right to request the amendment of the student’s education records that the student believes are inaccurate or misleading. Students requesting the College to amend a record that they believe is inaccurate or misleading must do so in writing to the College official responsible for maintaining the record. The written request should clearly identify the part of the record in question and specify why it is believed to be inaccurate or misleading.

3. The right to consent to disclosures of personally identifiable information contained in the student’s education records, except to the extent that FERPA authorizes disclosure without such consent. One exception that permits disclosure without a student’s prior written consent is disclosure by the College to school officials whom the College has determined to have a legitimate educational interest in such information. The term “school officials” also includes faculty, staff, and trustees of the College including public safety officers and student health staff. The term “school officials” also includes students serving on an official College committee such as disciplinary or grievance committee, or assisting another school official perform his or her official tasks. The term “school officials” further includes certain contractors, consultants, volunteers, and agents of the College, such as attorneys, concentrators, consultants acting on the College’s behalf. A school official has a legitimate educational interest if the official needs to review an education record or personally identifiable information derived from an education record in order to fulfill his or her professional responsibilities.

4. The right to file a complaint with the U.S. Department of Education concerning alleged failures by Catawba to comply with the requirements of FERPA.

FERPA does not allow Catawba to disclose educational records to parents of dependent students just as they would to the student. Dependent means a dependent pursuant to the definition under the IRS Code. Therefore, proof that a parent is including a student as a dependent under the federal tax laws will be required to disclose (without the student’s permission) information to the parents of a student 18 years of age or older.
Catawba hereby designates the following student information as public or “Directory Information”. Such information may be disclosed by the institution for any purpose, at its discretion. Generally this information is shared only with College officials on a need-to-know basis as defined in the Catawba FERPA Policy Statement located in the Registrar’s Office:

Name, Local and Permanent Address, Local and Permanent Telephone Number, Date and Place of Birth, Dates of Attendance, Major and Minor Fields of Study, Degree and Dates Awarded, Academic Honors, Classification, e-mail address, photographs, and parents’ names, religion, student schedule, student load. Athletic information about student participation in sports and data such as height and weight will be released to the media and published by appropriate College publications.

The College will not disclose information about students, other than “directory information” to the people outside the College without the student’s written consent, unless the disclosure is compelled by law, an emergence, or some other extraordinary circumstance; is in conjunction with organized educational research; or is required by an accrediting agency. Exceptions to this policy may be made in individual cases with the permission of the provost, provided that the exceptions are consistent with the applicable law and are judged to be in the interest of the student’s educational progress.

Currently enrolled students may direct the College to withhold disclosure of directory information under the FERPA of 1974. To withhold disclosure, written notification must be received by the Registrar’s Office at Catawba on or before the last day to add a class each semester. Catawba assumes that failure on the part of any student to specifically request the withholding of “Directory Information” EACH SEMESTER he or she is enrolled indicates individual approval for disclosure.

Visitation Hours
Sunday-Thursday: 9:00am-1:00am
Friday-Saturday: 9:00am-4:00am
Please note that students are responsible for their visitor’s actions.

Tobacco Use
Due to the acknowledged hazards arising from the tobacco use, it is the policy of Catawba to provide a tobacco-free environment in all common areas of the campus. This policy covers smoking of any tobacco product and use of smokeless tobacco and applies to students, employees and visitors of the college. Tobacco use is prohibited inside all campus buildings. Smoking in a non-smoking area will result in a non-smoking area will result in a $50 fine per violation. The complete Tobacco Use policy and a list of designated smoking areas can be found online.

Alcohol and Drug Use Policy

Information on the North Carolina Laws Regarding Alcohol
The purchase or possession of beer, wine, liquor or mixed beverages by a person less than 21 years old is illegal in the state of North Carolina. It is also illegal to sell beer, wine, liquor or mixed beverages to those less than 21 years old or to aid or abet a person less than 21 years old in obtaining alcoholic beverages. It is illegal to use a fraudulent ID or to permit the use of one’s ID by a person less than 21 years old to purchase alcoholic beverages. It is illegal to give alcoholic beverages to an intoxicated person. Driving with any amount of alcohol in the body is illegal for anyone under 21; driving with a blood alcohol concentration of 0.08%, “Driving While Impaired,” carries a range of sentences and fines and may result in a suspended license. A person can be charged with “Driving While Impaired” with blood alcohol concentrations under 0.08% if police observe erratic driving. And, if you become disruptive in public (violent, insulting, using profanity, urinating, etc.) as a result of being drunk, you can be fine and spend time in jail. Penalties for alcohol offenses range in seriousness from a significant fine to imprisonment or both. Penalties vary depending on the age of the offender and the nature of the offense. A criminal record (misdemeanor or felony) may preclude admission to graduate or professional schools, professional licensure and certification or security clearance or certain professions and positions.

College Alcohol Policy and Regulations

The following regulations are based on the Alcohol Beverage Control laws of North Carolina and on the College’s intent to encourage moderation if alcohol is consumed.
1. Students under the age of 21 may not purchase, possess or consume any alcoholic beverage.
2. Students over the age of 21 may consume legal alcoholic beverages only in the privacy of residence hall rooms where at least one resident is 21. Residence hall areas such as entrances, lobbies and hallways are considered to be public areas and, therefore, alcoholic beverages may not be consumed and/or displayed in these areas.
3. Alcohol containers, whether empty or full may not be displayed in public areas, to include windowsills and other areas in private residence rooms that may be observed from outside. Public areas include residence hall entrances, lobbies and hallways, as well as non-residence buildings on campus and the campus grounds. Possession of alcohol containers, even though they are empty, may not be in rooms where the occupants are under the age of twenty-one (21). In addition, students residing in a room where both residents are under the age of twenty-one may not host an of age student possessing or consuming an alcoholic beverage.

4. Alcohol may not be dispensed or consumed during any student social function. *

   a. College funds may not, under any circumstances, be used for the purchase of alcoholic beverages to be dispensed or consumed at any student social function on or off the campus

   b. Kegs or any other common source containers of alcohol are strictly prohibited on campus for student consumption.

   c. The consumption or display of alcoholic beverages is prohibited in all areas except those specifically approved by the Office of the Dean of Students.

   d. Student organizations may not sponsor or co-sponsor a function cooperatively with any alcoholic beverage distributor or brewing company, not lend its name to any such activity at which an alcoholic beverage is to be dispensed as a promotion for a brewing company or alcoholic distributor.

Alcohol Policy Relating to Student Organizations
Distribution, possession or consumption of alcoholic beverages, including public drunkenness, at student organization events are in violation of the College’s alcohol policy. In addition to individual student’s being charged with a violation of the College alcohol policy, student organizations and groups are also responsible for and subject to meeting all regulations governing their charter or sponsorship. This includes all student organizations, clubs, athletic teams and etc.

Alcohol and Drug Policy Relating to Student Athletes
In addition to the policies listed here, student athletes are also accountable for their policies as listed in the Student Athlete Alcohol and Drug Policy distributed by the Athletic Department. Student athletes are encouraged to speak with their coaches or Athletic Director for more information about this policy. This policy is meant to supplement the Code of Student Conduct and offer additional educational opportunities on an individual bases. Student Athletes who fail drug tests will also be subject to conduct action in addition to sanctions received be the Athletic Department.

Guidelines for Alcohol Policy Violation Sanctions
Violations of the College Alcohol Policy are sanctioned on two levels.

Level 1:
General Violations of the College Alcohol Policy, including but not limited to the following:

   a. Underage consumption or possession of alcohol;

   b. Consumption or possession of alcohol in a substance free residence hall;

   c. Consumption of alcohol in a public area;*

   d. Intoxication or public drunkenness;

   e. Presence of alcohol containers in an under-aged student’s room;

   f. Participation in drinking games/possession (unless under age of 21);

   g. Possession or use of drinking devices

Level 2:
Violations of the College Alcohol Policy related to more serious or harmful behavior, including but not limited to the following:

   a. Causing harm to oneself, others or damage to College property

   b. Engaging in physical violence or vandalism;

   c. Participation in drinking games (under age of 21);

   d. Showing disrespect to a College employee;

   e. Providing or distributing alcohol to an underage person;

   f. Illegally operating a vehicle after having consumer alcohol;

   g. Use of false identification to purchase or gain access to an establishment at which alcohol is served

   h. Possession of a common source container.
Level 2 violations are of a more serious nature and a violation will therefore carry a two-offence penalty. Students who are issued a Level 2 alcohol violation will be responsible for the next two offenses as listed in the sanctioning schedule. The violation will count as two offenses in determining that student’s scheduled sanction.

The College reserves the right to issue an alcohol based on information received from outside agencies such as law enforcement officers or other colleges. The Student Affairs Office is charged with the enforcement of all College policies. The following sanctions will be assessed when students accept responsibility or are found responsible for a violation of the College alcohol policy. Any sanction may be accompanied by a required educational component.

*See football tailgating policy for exceptions at www.gocatawba.indians.com

Alcohol Sanctioning Schedule

First Offense: Completion of educational workshop, two one-on-one sessions with a staff member, complete alcohol and drug assessment. If required to take BASICS will pay fee of $100. $100 fine to fund educational speakers, programs and services and supplies. Letter sent to parent/guardian.

Second Offense or first after Clemency $125 fine Parental Notification, 10 hours Community Service and completion of on-line education class.

Third Offense - $175 Fine, Parental Notification, 20 Hours of Community Service and a Substance Abuse Assessment with a Counselor outside of Catawba.

Fourth Offense: Suspension

*The Online Education Component will be added to all new sanctions for students who are issued an alcohol violation and have not completed the Online Education Component. **In regards to all alcohol and drug violations that would result, by our sanction schedule, in suspension, the Dean of Students or his or her designee will have the ability to review and revise the final outcome based on the situation.

Clemency Clause

Students who are sanctioned beyond a First Offense alcohol violation will have one violation removed from their record upon accumulating one calendar year free of further alcohol or substance abuse violations from the date the sanction was assigned. Students will be eligible for one reduction during their college tenure.

Amnesty Clause

Catawba never wants to be witness to a tragedy that could have been prevented simply because a person feared coming forward to seek help. Therefore, when a student dials 911, contacts an RA or Public Safety to seek medical help for a friend who is intoxicated, that friend will not be subject to judicial record. Although students will have 44 to complete an educational component, they will not receive a violation. The incident will go into their file and only be activated if a second incident occurs, or if the educational sanctions are not completed.

Notification Policy

The Administration of Catawba believes that the greatest opportunity for social and academic success exists when all members of the College community work together as a team to meet student needs. To this end, College administrators reserve the right to notify and inform other College personnel who may have a significant relationship to a student of matters arising under the Student Conduct Code. Other personnel who may be notified include student advisors, professors, athletic director, coaches and/or other College administrators. The College further reserves the right to notify parents of students found to be in violation of the College policies regarding the possession or use of alcohol and other drugs. If a member of a College athletic team is issued a violation of the Alcohol or Drug Policy, the athletic director and/or coaches will also be notified. Catawba Provisions Regarding the Use of Drugs Illegal Drug Use Catawba is an academic community that believes that the life of the mind is intrinsically alluring and worthy of pursuit. The abuse of drugs seriously runs counter to that deeply held value and is clearly detrimental to the individual’s welfare. Thus, consistent with the beliefs and purposes of this institution, the use of any drugs in the College community must be within the limits of federal and state laws. The College reminds students of their responsibility to be aware of and to obey those federal and state statutes that prohibit the use of various drugs. While the College is not specifically responsible for the enforcement of federal and state drug laws, those agencies charged with this legal responsibility have the authority to carry out their duties on the campus. The College cannot, nor does it wish to, provide a haven for illegal drug activity. Thus, individuals who illegally possess, use or supply prohibited drugs within the academic community risk action by the appropriate civil authorities and consequent penalty. In addition, there is considerable evidence that prolonged use of such drugs can be harmful to the individual’s psychological or physical health. Students whose use of drugs results in academic difficulties or psychological/physical health problems will be advised to seek professional assistance and may be required to
withdraw from the College. Students who actively promote, supply or sell illegal drugs thereby engage in behavior that may infringe on the rights of others, endanger the well-being or safety of others, or result in psychological or physical injury to others. They will, therefore, be subject to the full range of College disciplinary action as defined in this Handbook, including permanent expulsion. The local police may be summoned by a member of the College who encounters the possession, use, distribution or sale of a drug by a student on the campus.

Standards of Conduct Related to Drugs and Alcohol
The College has long had a personal conduct regulation that addresses improper behavior with respect to alcoholic beverages. Members of the College community are reminded that the following will subject an individual to College disciplinary review and action: distribution, possession, or consumption of alcoholic beverages in violation of stated College policy and/or local ordinances and state law. In accordance and compliance with the requirements of the Drug-Free Schools and Communities Act Amendments of 1989 (Public Law 101-226), effective October 1, 1990, the following behavior is prohibited: the unlawful possession, use or distribution of drugs by students and employees on College property or as part of any College activity.

Performance-Enhancing Drugs
The use of performance-enhancing drugs (e.g. anabolic steroids, amphetamines, etc.) by athletes in an attempt to gain a possible athletic advantage is a threat to their health and undermines the spirit of sportsmanship. Such drug use also threatens the health of others because of the pressure it may put on them to experiment with dangerous substances. The Catawba Department of Athletics states emphatically that the use of such drugs will not be tolerated, and that anyone using them will not be permitted to represent the College in intercollegiate athletic competition. When an athlete is found to be using such drugs, that individual may be referred to the Office of the Dean of Students.

Controlled Substances
The unlawful distribution, possession or use of controlled substances on property owned or controlled by the College, or as part of any College activity, or off campus when the interests of the College are involved, is strictly prohibited. Controlled substances include, but are not limited to, substances that are prescribed by a physician that are being distributed to others even though the distributor may have a prescription from a physician for that particular controlled substance. Health Services must be notified of any medications taken on a daily basis. Students are required to complete this information on the health history form and to notify Health Services of any additions or changes that may occur.

The Abuse of Prescription and Over-the-Counter Drugs
Individuals should follow the instructions of the prescribing physician in using prescription and/or over-the-counter drugs. Abuse of such drugs can result in serious physical and mental disability.

College Drug Regulations
The use, possession, distribution or sale of any illegal drug or controlled substance for which the student does not possess a prescription from a physician is strictly forbidden on the Catawba campus. The distribution of a controlled substance for which a student has a prescription from a physician is also a violation of this policy. The use or possession of any drug paraphernalia is prohibited.

Drug Violation Sanctions
Marijuana Violations
A student found responsible for possessing or using marijuana will be subject to the following set of progressive sanctions. In the residence halls, the minimum evidence required for finding someone in violation of marijuana use is two (2) staff members identifying odor originating from a given room or area. Judicial outcomes may include, but are not limited to, the following.

First Violation (minimum sanction):
• Disciplinary Probation for one (1) year
• $75 fine • Online educational component
• Notification letter to student’s parents
• Put on notice that if s/he is subsequently found in a room or situation where marijuana is identified as being used, s/he will be subject to second violation sanctions
• Twenty (20) hours of substance abuse counseling

Second Violation (minimum sanction):
• $150 fine
• Disciplinary Probation for two (2) years
• Notification letter to student’s parents
• Prohibited from attending external site programs during the probation period
• Forty (40) hours of substance abuse counseling

Third Violation (minimum sanction):
• Immediate suspension from the College
• Notification letter to student’s parents
Students found responsible for distributing marijuana, possessing, using, manufacturing or distributing other illegal substances/drugs, distributing prescription drugs or using prescription drugs without a prescription will be subject to more stringent College sanctions up to and including immediate suspension and/or dismissal from on-campus housing and/or the College.

Positive drug test results in athletics will be referred to judicial action in addition to sanctions imposed by Catawba Athletics or the NCAA. What number the drug violation is will dictate sanctions by the Conduct Office.

**In regards to all alcohol and drug violations that would result, by our sanction schedule, in suspension, the Dean of Students or his or her designee will have the ability to review and revise the final outcome based on the situation.

Alcohol and Drug Policy Definitions

**Alcohol:** any spirituous malt, fermented, brewed or other liquors or any other mixture that contains alcohol and is used as a beverage

**Common Area:** any campus area outside of a student’s residence hall room

**Common Source Container:** any keg, mixed punch or other communal dispensers from which a quantity of beverage is distributed to more than one person

**Container:** any cup, can, bottle or other device that may be used to hold (whether opened or unopened) an alcoholic beverage

**Controlled Substances:** include, but are not limited to, substances that are prescribed by a physician that are being distributed to others even though the distributor may have a prescription from a physician for that particular controlled substance

**Distribution/The Sale of/Intent to Sell:** any amount of illegal drugs, narcotics or controlled substances with the intention to supply another person either through financial, trade or other means

**Drinking Games/Drinking Devices:** any possession or participation in gaming or challenge activities used to promote the consumption of alcohol. Drinking devices include but are not limited to funnels, beer pong tables, etc.

**False Identification:** any document with information that contradicts the legal name, birth date or other personal information

**Illegal Drugs:** any non-prescribed narcotic, mind-altering, hallucinogenic or illicit illegal drug as defined by state and federal laws.

**Paraphernalia:** equipment, products and materials of any kind that are used to facilitate violations of the Controlled Substance Act, including planting, growing, harvesting, producing, preparing, testing, analyzing, packaging, repackaging, storing, containing and concealing controlled substances and injecting, ingesting, inhaling or otherwise introducing controlled substances into the human body

**Possession:** to include the transportation, carrying on person, within immediate proximity or storage of alcohol, drugs or other paraphernalia

**Substance Free Residence Halls:** a residence hall that has been designated free from the consumption, possession or use of alcohol

**Sexual Violence Policy**

The following policy is based on federal and state laws of North Carolina, and on the College's intent to ensure the safety of the community. Sexual assault, including but not limited to threats of, or deliberate physical contact of a sexual nature that is against another person’s will or without consent.

- Committing a sexual invasion, sexual assault, or sexual misconduct, as those terms are defined herein.
- Committing sexual harassment as defined herein.
- Inflicting severe mental or emotional distress upon a person through a course of conduct involving repeated harassment, intimidation, abuse of disparagement.

The term “sexual act” means sexual intercourse, cunnilingus, fellatio, anilingus, or knowingly inserting an object or part of one’s body into another’s genital or anal opening.

The term “sexual assault” means intentionally touching another one’s sexual parts, without that person’s consent.

The term “sexual harassment” means engaging in unwelcome advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature when the employment or academic advancement of another is made contingent upon submission to such conduct, or when submission to or a rejection of such conduct by an individual is used as the basis for employment or academic decisions affecting such individual, or when such conduct has the purpose or effect of interfering with the other’s work or academic performance, or of creating an intimidating, hostile, or offensive working or academic environment.

The term “sexual invasion” means knowingly engaging in a sexual act or exposing the private parts of one’s person in any public place in the presence of other persons.
NOTE: Use of alcohol and/or drugs by a Complainant is not an excuse for violation of the sexual assault conduct standard. An intoxicated person cannot provide informed consent to sexual activity if their judgment is impaired. Nor can a perpetrator who is intoxicated or under the influence of drugs be capable of confirming consent to the sexual activity. Thus, if your partner has been drinking or taking drugs, getting a “yes” may not be sufficient. Finally, silence, previous sexual relationships or current relationships between the parties may not be taken as an indication of consent.

No Retaliation
It is a violation of this policy to retaliate against a person for complaining of alleged harassment, or for assisting, participating or cooperating in an investigation of sexual harassment. When a member of the College community believes retaliation has occurred, the complainant may bring a complaint under this policy. The College also has the right to make such a determination on its own. Retaliation is a basis for corrective or disciplinary action.

Confidentiality
The College will make reasonable efforts to keep all information relating to sexual harassment allegations and investigations confidential on a “need-to-know” basis, to the extent consistent with the College’s legal obligations, the need to investigate allegations of sexual harassment, and the need to take corrective and/or disciplinary action. Any person who violates provisions of this policy including confidentiality provisions will be subject to disciplinary and/or corrective action.

"There isn't a child who hasn't' gone out into the brave new world who eventually doesn't return to the old homestead carrying a bundle of dirty clothes.” —Art Buchwald

FAMILY AND LOCAL INFORMATION

Family Opportunities

Family Weekend
Family weekend is September 10-12, 2021. Please visit Catawba.edu/familyweekend for details.

FOR THE FAMILY

Homecoming Weekend
Homecoming Weekend is October 29-31, 2021. For details, visit Catawba.edu/homecoming.

Graduation

Other Events on Campus such as athletic events, theater or music productions. Please check our calendar of events Catawba.edu/calendar.
SALISBURY INFORMATION

Banks
• F & M Bank
• Pinnacle Financial Partners
• Bank of America
• First Bank
• Wells Fargo
• Woodforest Bank
• South State Bank
• Fidelity Bank

Hotels
• Courtyard by Marriott 704-680-9201
• Days Inn 704-633-5961
• Quality Inn 704-633-5777
• Hampton Inn 704-637-8000
• Comfort Suites 704-630-0064
• Home2Suites by Hilton 980-432-8100
• Across the Pond B & B 704-642-1660
• Turn of the Century B & B 704-642-1660

Local Restaurants
• Copacabana
• Cracker Barrel
• D.J’s Restaurant
• East Coast Wings and Grill
• El Patron Mexican Grill and Cantina
• Go Burrito
• Good Fellas by Santos
• Hap’s Grill
• Hendrix Barbeque
• Hoffs
• Hoppy Taco
• Ichiban Steakhouse
• Italian Grill
• Katana Japanese Fusion
• Los Arcos
• Mambo Grill
• Monterrey
• Mykonos Grill
• O’Charley’s Restaurant and Catering
• Palermos
• Palms Grill and Pizzeria
• Richard’s Bar B Que
• Romanos
• Sabaidee
• Shuckin’ Shack
• Smoke Pit
• Sweet Meadow
• Fast Food Chains

Rowan County Chamber of Commerce
For more local information, please stop by the Rowan County Chamber of Commerce, located in Downtown Salisbury at 204 E. Innes Street or online at Rowanchamber.com.

Travel Options

Taxi Services
• Safety Taxi 704-633-7217
• Latino Express 704-642-2020

Trains
• Amtrak
215 Depot Street, Salisbury
800-872-7245

Buses
• Greyhound Bus Lines
100 Andrews St., Salisbury
704-633-2211

Airports
• Charlotte Douglas International Airport (CLT)
5501 Josh Birmingham Pkwy
Airlines Reservations & Info 704-359-4013
Distance: 47.13 miles; 52 mins
• Piedmont Triad International Airport (GSO)
336-665-5666
Distance: 56.58 miles; 1 hour, 6 mins
• Raleigh-Durham International Airport (RDU)
1600 Terminal Blvd
919-8400-2200
Distance: 118.17 miles; 2 hours, 2 mins

Renters Insurance
Because Catawba is not responsible for stolen items please take the time to consider getting renters insurance for your student; or checking to see if your homeowners insurance will cover your student while away at college. Policies are inexpensive and can be added to your current insurance premium.

Staff Advice:
As the parent of a commuter student- I would encourage your student to be involved in clubs and campus activities other than class and keep communication lines open with him/her. Encourage them to hang around campus and get to know some of the residential students and become involved on campus.

-Ms. Sharon Newsome
Administrative Assistant

MISCELLANEOUS & MAPS
TIPS FOR PARENTS

Taking Some of the Stress Out of College

Hopefully your student headed off to school this semester brimming with excitement and high expectations. And, of course, a bit of trepidation too. As your student adjusts or readjusts to the reality of college life this month, you can expect a range of emotions.

Here’s how you can help take some of the stress out of the transition:

• **Listen.** Every student adjusts to college differently. If your student is struggling with something that seems unimportant to you, try to keep your feelings out of the equation. Help your student put things into perspective, but validate their concerns and worries too.

• **Encourage your student to be realistic.** For many students, the more realistic they are, the easier time they have meeting the challenges that come their way. For example, if your student knows that it’s likely that they will be missing home quite a bit over the next few weeks, they may be able to face the sadness head on.

• **Reassure your student that their feelings are common.** Your student might feel like they’re the only one who isn’t fitting in, making new friends or getting along with his roommate like a best pal, but they’re not. Let them know that even students who don’t appear to be struggling likely are in some way.

• **Remind your student to stay true to their self.** Most college students do some experimenting and almost all try on different personalities as they explore new values and ways of doing things. This is normal. However, what doesn’t seem normal, is your student feeling like they have to change themselves in order to fit in. Kindly reiterate this message to your student — it never gets old.

• **Talk about campus resources.** Dig through those orientation papers or peruse the school’s website to remind yourself about the resources available on campus. Then, remind your student. Let them know that there are people they can go to for help — with their roommate, their classes, their relationships, their athletics and more.

The first six weeks or so of college, especially for a first-year student, are always a transition. As your student adjusts, provide as much support and encouragement as you can.


For more parent tips and information, please consult the following link: Catawba.edu/parenttips
FITTING IN TO YOUR STUDENT’S LIFE AT COLLEGE

GREAT EXPECTATIONS
There are likely great expectations for the next chapter in your student’s life. It is typical for you to wonder- and worry about all that is to come!

The months of visiting campuses, discussing potential majors, and dreaming of all the future holds have brought you here. We are thrilled that your student has decided to pursue an educational journey on our campus, and that you have entrusted us to offer a path filled with rewarding experiences and a complete education.

It is normal to experience a mixture of complex and multilayered emotions as you enter the “college years” together. You can expect some of this from the college experience:

- An academic environment that offers our best, and expects a best effort from our students.
- Experiences that challenge and support students
- Freedom to learn from mistakes and develop autonomy
- Caring and committed faculty and staff who support student growth and development in and outside the classroom
- A welcoming and safe campus community that fosters the development of responsible, healthy adults
- Exposure to new idea, people and perspectives

Communication Connections
Just because your student is in college now, doesn’t mean you can’t still be an involved parent. Check out the following to stay connected:

- Campus website
- Facebook page
- Twitter page
- Other social media outlet
- College newspaper/magazine
- Athletic events
- Campus events calendar

GROWING, SHIFTING RELATIONSHIPS
Interactions with faculty, roommates, classmates, carpool buddies... there are just some of the special bonds made during the college years. Relationships are a priority for college students and are sure to shift, evolve and adapt over time.

Students Still Need- And Want- You
Don’t worry, even though students are now in college, they still want- and dare we say- need your wisdom, guidance and continued love. They also need space to “test the waters” on their own and learn from their mistakes. Actively listen, keep communication lines open, offer advice- when asked- and offer a safe place to land when needed. These are things college students find most helpful.

Sibling Bonds
The absence of a brother or sister- whether students are living at or commuting to campus- can be a tough transition for those at home. Dinner conversations, family outings, even simple daily interactions may soon be limited to a random weekend visit or Snapchats. For siblings living on campus, promote interactions through lunch dates, FaceTime chats or even a hand written note. If your commuter student has siblings at home, encourage dedicating 30 minutes a week that is time just for them to connect- simply walking the dog together or going for ice cream can have a huge impact.

Friendships - Old & New
Your student will be meeting some new- potentially lifelong- friends on campus. Many students have success maintaining and balancing multiple friendships with people on campus, back home, across state borders and overseas. Connecting with others strengthens their support system. An added bonus... you will get to meet some incredible new people through your student’s expanding friendships!
Evolving Student/Faculty Relationships
College offers many avenues for students and faculty to work and learn together. Our faculty aim to help students reach their fullest potential by challenging and supporting them in many facets of their college career.

The Faculty Connection:
Here are some ways that students can take full advantage of connecting with faculty beyond the classroom…

- office hours
- internships
- research projects
- lab work
- advising
- student organizations
- campus events

SUPPORT FROM THE SIDELINES
A college education involves much more than classroom learning. It is also about discovering who you really are and want to be. College gives students space and time to explore the impact of choices, decisions and actions made.

One of the hardest parts of parenting a college student is knowing when to extend a hand and when to support from the sidelines. Empowering students to find their own way has many long-term benefits, including…

- Increased confidence and self-esteem
- Enhanced resilience and coping skills
- Personal satisfaction and independence

The Balancing Act
So how do you successfully support from the sidelines? It is hard to stand by and watch someone we love struggle. But incredible growth occurs when finding solutions to our own pain points; it is where independence will truly start to bloom.

Letting students know that you have complete faith in their abilities moves them in the direction of self-responsibility. What might this look like? Well, some potential ideas are...

- Invite students to schedule their own personal appointments.
- If roommate conflicts develop, ask how they plan to resolve them.
- Ask them to draft a personal budget plan for their college expenses that you discuss together.
- Coach them in talking to an instructor or seeking additional help on campus to address personal or academic struggles.

In a nutshell, next time your student asks you to do something an adult can do, or you have the urge to fix problems that you are not directly involved with, pause and consider the benefits of empowering versus doing for your student.

“In any moment we have two options: to step into growth or to step back into safety.”  –Abraham Maslow

Community Expectations
Here on campus, we expect students to be positive, contributing members of our community and to take responsibility for...

- Their behavioral choices
- Respecting rules and policies
- Academic honesty and persistence
- Personal integrity and care
- Treating others respectfully and well
- Seeking out assistance as needed

DIVERSITY OF THOUGHT AND EXPERIENCE
New and different ideas. Discussions that challenge current opinions. Exposure to diversity within people, places and perspectives. For some students, college may be the first time they have had multiple interactions with people who think, live and believe differently than they do.

Students who are open to learning and celebrating diversity tend to:

- Create productive, mutually respectful relationships.
- Be more creative, innovative and collaborative.
- Excel in today’s fast-paced, global environment.
- Try new things.
- Be critical thinkers and increase their knowledge base.
- Be sensitive to life experiences that differ sharply from their own.
College life will rouse questions and curiosity about others different from your student. Whether it be through a political classroom debate, a service trip, attending a religious service or visiting a college friend’s hometown, chances are that students are going to be positively impacted by the differences all around them. We aim to create a campus climate that appreciates, respects and celebrates human differences. Together we can all support students in leveraging the many opportunities available here to explore the world beyond their current world view through...

- International study
- Service trips
- Language partners
- Diversity speakers, panel discussions and events
- Humanities courses
- Student organizations and clubs
- Volunteer opportunities at local not-for-profits
- Campus and community government

**Safe Space**

We see the differences present on campus as one of our greatest institutional strengths. The diversity of backgrounds, experiences and perspectives contribute to our collective growth as individuals and as a community. We make intentional efforts to create safe spaces for open dialogue about differences as well as to create a safe environment for ALL students.

**Exposure to Diversity = Marketability**

Employers - in all fields - are seeking graduates that can work within an expanding global workforce and market. They notice things like...

- Ability to relate to different people and personalities
- Experience navigating unfamiliar territories
- Demonstration of civic engagement
- Familiarity with foreign language
- Openness to difference.

**A WEB OF SUPPORT**

The faculty and staff on campus want to help students find success here! With that idea in mind, we have created a web of support aimed at helping them thrive, learn from mistakes, experience triumphs, and stay safe and healthy in the process.

This web certainly includes you! There are many ways you can show students support...

**Academic Life**

- Ask what new things they are learning
- Focus on work ethic, less on grades
- Promote academic honesty and integrity
- Applaud enrollment in classes that introduce completely new content and ideas
- Tout the many academic resources available...
  *Advising, tutoring, study groups and instructor office hours to name a few*

**Health and Wellness**

- Plug the benefit of a well-rounded diet, proper sleep and consistent exercise
- Share stress relief habits you use to stay emotionally healthy
- Discuss the personal rewards experienced through volunteer, spiritual, recreational and outdoor activities
- Ask how they are contributing as a member to the campus community
- Encourage talking to a campus staff member if things start to feel overwhelming... *We take emotional issues seriously and are available to help.*
Personal Safety and Choices
- Be open and honest when talking about alcohol, recreational and prescriptive drugs, consent and sexual activity.
- Discuss the importance of being aware of their surroundings.
- Warn about the risks involved when texting or wearing earbuds while walking.
- Empower your student to say no to anything that doesn’t feel right.
- Encourage reporting any behavior of concern... We aim to foster a community of people that serve as active bystanders, rather than doing nothing.

Career and Vocational Support
- Understand that most college students change their major at least once.
- Encourage the exploration of new interests, passions and other career options.
- Support internship, practicum, and job shadowing opportunities.
- Walk through their “Digital Profile” (i.e. Facebook, Instagram, Twitter) and discuss the impression it could leave on future employers.
- Promote regular visits to career services... We have valuable resources available to students at all phases of their career development!

Disability Support
- Extend responsibility for their own academic concerns and limitations.
- Encourage a visit to disability services if needed to develop a plan for managing their educational and personal life and obtaining reasonable accommodations.
- Promote consistent communications with instructors.
- Explore living options together that will meet unique needs.
- Boost their confidence to ask for assistance whenever needed... Our staff truly want to help students reach their fullest potential.

Residential/Off-Campus Living Support
- Relish stories shared involving late night pizza, study jam sessions, philosophical discussions and more.
- Avoid the urge to solve roommate problems when conflict arises.
- Respect housing policies and procedures, knowing they were developed with a diversity of needs – including safety for all – in mind.
- Promote empathy and understanding in sharing limited space with multiple people.
- Encourage involvement in hall and campus activities... Students who are involved in campus life are more likely to stay in school and do well academically!

Adult and Commuter Student Support
- Promote building positive campus connections through campus involvement.
- Encourage your student to check out all the resources designed for adult and commuter students on campus.
- Discuss available transportation resources and expenses – car costs, public transportation, parking fees, etc.
- Mutually agree on “Home rules” that promote independence... Consider negotiating things like curfew, living expenses and chores that support their new responsibilities.

FERPA Facts
The Family Educational Rights and Privacy Act is a federal law designed to protect the privacy of students’ education records. Once a student enters college or turns 18 years old, parental rights under FERPA transfer to the student. Information from student records is typically not shared unless that student is a dependent, gives written permission, or there’s a health or safety emergency. Institutions are required to post an annual FERPA notification, so check out the school website or just ask!
WHAT IF…

In today’s electronic and digital world, access to students, and you to them, is greater than ever! It should not be surprising for you to receive regular texts sharing updates, asking questions or just venting frustrations. You are a safe place for students to share the challenges and victories!

However, it can be hard to know how to appropriately balance Enabling versus Empowering your student... and when! So, next time your student texts you with a question or problem, consider answering with a question...

**Student:** Dropping Econ! Don’t understand Prof & hate class!
**Parent:** Learning new things is tough. What campus resources could help? Office Hours or Tutoring?

**Student:** Roomie keeps eating MY food! Noisy! Hate country music! Can you get me outta here?
**Parent:** Sharing space takes patience. What steps have you taken to communicate concerns and share mutual expectations?

**Student:** CC bill came today... needed gas for car last week and had to go out for dinner twice – working on group project. Send $$$ PLZ
**Parent:** Unexpected expenses can come up. What are your plans to reduce spending this week to find funds to pay off your bill?

**Student:** Sooooo stressed! 3 HUGE TESTS! Can’t sleep or eat! UGH!!
**Parent:** First... just breathe... you got this! How about talking through with a trusted professor, advisor, counselor, or peer educator?

**Student:** SO BORED! This place is a ghost town. Miss friends and home
**Parent:** We know that transitioning to a new place isn’t easy. Are you getting out? Are there clubs that interest you?

“It’s not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings.” - Ann Landers

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**TRANSFORM INSPIRE BELONG**

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New Parent Guide 2021-22
CATAWBA PARTNERS (DISCOUNTS)

Caribbean Island Café: 10% discounts
College Barbeque: 10% discount
El Patron: 15% discount Monday-Thursday
Go Burrito: 10% after school discount, 2-5 pm Monday-Friday
Grease Monkey of Salisbury: $7 off oil change
HIVE: 10% off retail and workshops (126 E. Innes St)
Hoff’s Grill: 10% discount
The Holy Grind Coffee Shop: 20% discount
Integrity Auto Repair: 20% discount on all auto services over $200
Jersey Mike’s: 15% discount
KoCo Java: 10% discount
Mean Mug Coffee Company: Buy one get 2nd ½ off; Get free cake with a purchase on your birthday
Mint Museum: Discount on admission ($8 instead of $10) Admission is free on Tuesday (5-9pm)
Mykonos: $1 off meal
Old Time Pottery: 10% discount off a single item; Request the discount using your Catawba e-mail address to receive you coupon
Osaka Japanese Cuisine: 10% off with valid student ID
Palermo’s Downtown Salisbury: 10% of regular dinner menu
Palms’ Café: 10% discount
Ralph Baker Shoes: 15% discount
Rusher Tire and Auto: 10% discount for services up to $50
Salisbury Family Dentistry: 20% off when you join the Catawba College Dental Program
Salisbury Salon and Spa: 10% of service
Sidewalk Deli: free drink with purchase
SixT Car Rental (near charlotte airport): 10% discount on online car rental
Skinny Wheels Bike Shop: 5% off bikes and 10% off parts and accessories in-store, or use the online coupon code “Catawba-1”
Spanky’s Deli and Homemade Ice Cream: 10% discount
The Spice and Tea Exchange: 10 discount
Stitchin’ Post Gifts: 10% discount
Subway: 10% discount
Sweet Frog: 10% discount
Wells Fargo: Accounts are free for anyone between the age of 17-24
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