

### Campus Ministry

Campus Ministry believes that the depth of our faith powerfully affects the way we live and what we become. Christ affects us by giving our lives meaning and purpose. But faith can be especially challenged in college. It is in response to this challenge that Campus Ministry invites students, faculty and staff to explore their faith more fully through worship, service and personal growth.

In addition to seven full-time professionals, Campus Ministry employs a team of residence hall chaplains, a deacon, a secretary, and 17 peer ministers. The staff coordinates the religious life of the campus and offers a variety of programs.

In the area of worship, there are daily and special community masses, penance services, evening prayer, and ecumenical services. Students can participate in worship through the Liturgical Ministers Program, Chapel Singers and the Liturgical Choir.

In the service area, Campus Ministry sponsors the Volunteers in Action program, VISION J-term and spring break volunteer service trips, and the Student Coalition for Social Justice.

To inspire personal growth, Campus Ministry has a number of programs, including Bible study, prayer groups, retreats, pastoral counseling and referral, marriage preparation, crisis intervention, special groups for support (e.g., Faith in Action – a chapter of Courage ministry for those dealing with sexual orientation issues), grief group, vocation inquiry, special seminars on different aspects of Christian life, and Common Ground – a house of hospitality where students gather to relax, pray, study, and meet new people.

Campus Ministry also offers a yearlong program, the Rite of Christian Initiation for Adults (RCIA) to those who are preparing for baptism, confirmation or initiation into the Catholic Church.

The Campus Ministry Center is located in Murray-Herrick Center.

### Personal Counseling and Testing

Personal Counseling is available to help students deal with a wide variety of concerns from the problems of daily living to problems of a more serious nature. In addition to the professional counselors and psychologists employed by the university, outside referral sources are also available. Personal Counseling also provides groups, workshops, seminars and consulting services on a variety of topics. Walk-in hours are available every day and are listed in the *Electronic Daily Bulletin*. Complete confidentiality is maintained in accordance with legal requirements and the professional code of ethics.

### Testing Services

Personal Counseling Office offers a full range of services including personality assessment and career testing.

### Career Services

Career Services provides career development expertise and job-search assistance. The department gives individual help and easy access to quality resources. Services are available to St. Thomas students and alumni.

Individual counseling, seminars and a variety of resources are offered to assist in:

- Self-assessment and vocational testing
- Career choice and transition
- Major-field choice and change
- Research for specific careers and employers
- Job search services for full-time, part-time, summer and student employment opportunities
- Use of technology in job search and career development
- Job-search support groups
- Career management
- On-campus interviewing
- Job displacement
- Classroom instruction

### Career Resource Center

The Career Resource Center offers students access to written materials including literature from employing organizations. A computerized career exploration system and Career Information Network (CIN) are other valuable resources. Career Assistants are available to assist students on a walk-in basis.

Individual appointments are available on both the Minneapolis and St. Paul campuses. Scheduled individual appointments are encouraged to ensure staff availability.

### Career Counseling

Confidential, individual appointments and workshop presentations are used to assist students with skill building and career planning. Students explore their interests, values and abilities to determine possible career options.

### Multicultural Student Services

Multicultural Student Services provides a variety of services for Latino/Chicano/a, African American, Native American and Asian Pacific Islander students functioning as a means of networking and advocacy. Initiatives addressing academic support, mentoring support, student programs and leadership development are designed to complement university services.

HANA, the multicultural student organization comprises four ethnic peer associations that provide peer support, leadership opportunities and service to the campus and Twin Cities communities.

In addition to others available through the university, Multicultural Student Services offers several scholarships for American students of color. Information about these and other funding opportunities can be obtained from Student Financial Services.

## Student Services

### International Student Services

International Student Services provides advising and programming to support international students as they pursue their educational, career, and personal goals. This includes promoting the full integration of international students into the university community and intercultural training for students, faculty and staff.

International Student Services provides the following services and programs:

- Orientation programs (2-4 days) for new students to academic, cultural, legal, and practical life at a US university
- Immigration advising for all nonimmigrant students and documentation for F-1 and J-1 students
- Counseling and advising on academic, cultural, financial, health, practical and personal matters
- Mentor Program: US and international students are hired and trained to serve as guides and helpers to new students
- Monthly International Student Newsletter
- A Website with information on programs and services, immigration rules, activities and programs, and the newsletter:  
<http://department.stthomas.edu/inte>
- Monthly International Tuesday Forums on international intercultural topics for U.S. and international students, staff & faculty
- Close cooperation with the Globally-Minded Student Association, with US and international members, which promotes interaction and interchange of ideas through social and cultural activities
- Cultural and educational programming

### Housing

The University of St. Thomas has accommodations for approximately 1,880 students in its residence halls, apartments, and other university-owned housing.

The residence halls – Brady, Cretin, Dowling, Grace, Ireland, John Paul II, Murray – are managed by professional staff and undergraduate resident advisers. Apartments in Morrison Hall, 2171 and 2175 Grand Ave are also managed by the university Residence Life Office. St. John Vianney Hall is the college seminary residence.

The residence halls have computer rooms, laundry rooms, study lounges, fitness center, snack food outlet, and recreation rooms. Koch Commons has a fitness center and a snack food outlet, the Pit Stop. Some sports equipment, tools, cleaning equipment and games are available for student use.

Upon admission to the College, each student will receive an *Application for On Campus Student Housing*. New students desiring space in the residence halls must complete the application and return it to the Office of Admissions with a \$100 room deposit which is credited to the student's room and board charges during the first semester of residence. These applications are considered on the

basis of date received. Students currently living in university housing must complete the *Application for On Campus Student Housing* by the date established by the Office of Residence Life for the coming academic year.

For specific financial information, each student should refer to the *Residence and Food Service Agreement*, and the Summary of Financial Procedures for the current year. Both are available from the Office of Residence Life, Koch Commons. With the exception of the Grand Avenue apartment residents, and juniors and seniors in Morrison Hall, all students living on campus must purchase one of the available options for a meal contract.

Students who will be residents should bring their own sheets, pillows, blankets, towels and washcloths. They also should bring their own desk accessories. Laundry rooms with automatic washers and dryers are available for student use.

Each student is provided with a bed, dresser, closet space, desks, desk chair, and lounge chair. Rooms in John Paul II and Murray Hall are provided with lamps and tables. John Paul II, Murray, and Grace Halls are also carpeted and have private bathrooms. Morrison Hall includes furnished living rooms, bedrooms, full bathrooms and kitchenettes.

Each student room has telephone service at no cost except for long distance charges, and voice mail. An Internet and cable TV connection is available in each room.

Additional information regarding residence hall life is contained in the *Resident Student Handbook*.

### Dining Facilities

All food locations accept Flex or Express dollars and cash.

#### St. Paul campus

Murray-Herrick Center houses a number of dining areas designed to meet the needs of various segments of the student population.

The *Food Court* is on the second floor, along with several areas used for special dining and catered events. The Food Court dining area is used for students on the board plan, although anyone may eat in the facilities.

The *Grill* is located on the main floor. Besides its main function of serving food – breakfast through dinner – the Grill provides a central gathering place for students.

*Scooter's*, located on the lower level, features pizza, gourmet burgers, Dunn Brothers coffee, espresso, various snack and beverage items. It has a dance floor, a stage for live entertainment, a large screen TV and special sound equipment.

The *C-Store* is located adjacent to Scooter's on the lower level. Assorted snacks and sundries are available.

The *Pit Stop*, is located on the lower level Koch Commons between Brady and Dowling Residences. It provides deli sandwiches, Freshens®

smoothies, frozen yogurt, Pretzel Logic large fresh baked pretzels with various toppings, and snack items.

The *Binz Refectory* is located on the south campus adjacent to the soccer field. Students who have a food service contract, commuter students and guests may dine in the west dining room.

The *Binz Cafe* is located in the same building for those who wish to select refreshments, grill items and snacks.

*Beakers* is located on the second floor in the Owens Science building. It features Dunn Brothers coffee and espresso, deli Express Sandwiches, and various snack and beverage items.

### **Minneapolis campus**

*Food for Thought* restaurant is located on the second floor of the 1000 LaSalle building, offering grilled items, salad bar, soups and a variety of other food, snacks and beverage selections.

The *Coffee Cart* is located on the first floor next to the bookstore lounge area. It features Dunn Brothers coffee and espresso, pastries and snack items.

*Scholar's* is located on the skyway level in Opus Hall. It features deli sandwiches, Freshëns® smoothies, frozen yogurt, Pretzel Logic large fresh baked pretzels and various snack and beverage items.

## **Health Service**

A modern health center, located in Brady Hall, handles the medical needs of both resident and day students. The center is equipped to handle most minor illnesses and accidents. A physician holds regular office hours Monday through Friday. Please call for appointment times. Appointments are encouraged, but walk-ins will also be seen. A nurse practitioner staffs the health service from 8 a.m. to 4:30 p.m. and is able to handle concerns of the young adult.

Most services of the center are provided free of charge. In cases of a serious illness, students will be transferred to one of the area hospitals where they will be treated at their own expense.

In conjunction with a national insurance company, the university offers a plan of health and medical care insurance to U.S. citizens on an optional basis. Foreign students are required to participate. The policy is designed to be a low-cost health plan for students. Information on these policies is sent to returning students and incoming freshmen every year.

All students must submit a physical and health record attested to by their primary care physician, if they are going to participate in sports, study abroad, or use the health service as their primary care clinic during their college career.

All students born after 1956 who are enrolled in a Minnesota public or private college or university are required by Minnesota law to be immunized against diphtheria, tetanus, measles, mumps, and rubella. These immunizations must have been done

within a certain time frame. Questions about this requirement and exemptions allowed for by the law should be addressed to the Health Service. A *Record of Immunization* form is available from the Office of Admissions or the Health Service.

## **Wellness Center**

Through educational programs, services, and resources, the Wellness Center seeks to improve UST as a "well" organization, and empower students, staff, and faculty to live healthier lives. Programs have included aerobic classes, stress management, massage, relaxation, diet analysis, walking/running, sexual health, quit smoking, alcohol education, yoga, and healthy relationships. Pamphlets, books, audio and video tapes are available on a variety of topics.

The Wellness Center is located in Koch Commons.

## **Public Safety and Parking Services**

The Department of Public Safety and Parking Services is located on the first floor of Morrison Hall and is open 24 hours a day, 7 days a week for the community's convenience. Public Safety officers are always on duty to answer questions or assist in whatever way possible.

### **Escort Service**

The escort program provides a welcome and worthwhile service to people who want to be walked to their cars, night classes or locations within a six-block radius of the St. Paul campus, or a one-block radius of the Minneapolis campus.

### **Parking**

parking lots on University of St. Thomas property are open to vehicles with the appropriate UST parking permit. Faculty, staff and students must have a permit to park on campus.

Permits may be purchased at the Department of Public Safety and Parking Services, or at designated locations throughout campus during the first week of the fall semester.

Visitors to the University of St. Thomas St. Paul campus may park in the Morrison Hall ramp, the parking meters, or in Lot T with a south campus visitor permit.

Resident students are required to enter a permit lottery in order to be eligible to purchase a parking permit. Lottery forms may be picked up from Public Safety and Parking Services during spring semester for the following fall.

In order to purchase a parking permit, a UST identification card and accurate license plate number of the car are required. Persons purchasing a parking permit will receive a parking map indicating the lots available for the type of permit purchased, and a book of rules and regulations regarding parking.