# PARENT & FAMILY ORIENTATION



### **MEET OUR TEAM!**

# Welcome to Parent and Family Orientation!

Let's chat! Scan the qr code to participate.



#### **Parent and Family Orientation - Schedule Review**

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9:00 a.m.	Welcome f	rom the Division of	f Student Affairs
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9:45 a.m. Academics and Advising

10:25 a.m. Stretch Break with Campus Recreation

10:30 a.m. Student Finances

11:00 a.m.

Public Safety

11:30 a.m. Housing and Meal Plans

12:00 p.m. Lunch | J+H Dining Hall

1:30 p.m. Supporting Your Student's Health + Well-being | Walk Auditorium

2:30 p.m. Ask an Owl Panel | Walk Auditorium

3:30 p.m. Resource Fair + Social | *Mitten Hall* 

WANT SLIDES?

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## Parent & Family Programs

- Parent and Family Orientation
- Temple Family Council
- Homecoming & Family Weekend
  - October 18-20, 2024
- Parent and Family Experience Portal
- Parent and Family Guide
- Care packages
- ... and more!

## Welcome from the Division of Student Affairs!

#### **Family Introductions**



- 1. Name
- 2. Hometown
- 3. Status as a College Parent or Family Member: Rookie, Seasoned, or Expert
- 4. How are you feeling about your student starting college?







#### **Our Team**





- Campus Recreation
- Disability Resources and Services
- New Student and Family Programs
- Office of the Dean of Students including CARE Team
- Student Activities
- Student Center Operations
- Student Conduct and Community
   Standards
- University Housing & Residential Life

#### **Additional Initiatives in Our Division**



- Cherry Pantry
- Student Emergency Aid Fund
- Good Neighbor Initiative
- Temple Votes
- Help Me Find My Class
- Endowed Scholarships and Memorial Awards
- Commencement Speaker Selection
- Diamond Awards

#### **Some of Our Partners**

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- Tuttleman Counseling Service
- Wellness Resource Center
- Department of Public Safety
- Academic Affairs
- Institutional Diversity, Equity, Advocacy, and Leadership (IDEAL)



#### **Partnering in Your Student's Development**



- Encourage your students to try new things and meet new people.
- Talk to them about coursework in more than "yes or no" questions.
- Talk about healthy behaviors and relationships.
- Figure out how and how often you'll communicate.
- Help them understand that no matter what they experience, they will not be alone.

#### **Guidance on Approaching the Rest of the Day**



1. Continue to introduce yourselves to those around you

2. Take note of what you can do to support your student but don't do the work for them.

#### **Understanding FERPA + Proxy Access**



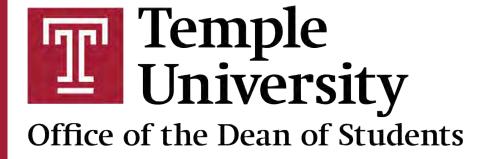
- The Family Educational Rights and Privacy Act (FERPA) is a Federal law that protects the privacy of student education records.
- FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level.
- We must have permission from students to talk with you about records should you happen to call an office.
- Students can add Proxy Access by adding your information in the Self-Service Banner tab of TUportal.

Social: @templeudeanofstudents

Email: <a href="mailto:dos@temple.edu">dos@temple.edu</a>

Phone: 215-204-7188

Online: deanofstudents.temple.edu



### **Academics**

# Office of Undergraduate Studies

within the Office of the Provost

https://undergradstudies.temple.edu

https://bulletin.temple.edu/undergraduate/



- Academic Advising
- General Education
- Student Success Center
- Career Center
- Fly in 4



#### **Academic Advising**



- Separate advising units in each School or College
  - Advising structure and scheduling vary by unit
  - Virtual and in-person appointment options and evening hours
- Academic advisors assist student with....
  - Course selection and semester-by-semester planning
  - Course registration process
  - Academic policy questions
  - Declaring and changing majors, minors, and certificates
  - Study abroad planning
  - Required Fly in 4 checkpoints and graduation clearances
- Dedicated advisors for Athletes, Honors, Pre-Professional Health, Veterans and Undeclared Students (Academic Resource Center)

#### **General Education – The Exploration Curriculum**



- Common curriculum for all students provides continuity and flexibility
  - o 11 courses (35-36 credits) of 120 credit minimum for a bachelor's degree
  - Analytical reading & writing, and Intellectual Heritage I and II forge shared experiences
  - Student background (e.g., AP Exams) or selected major (e.g., STEM) allow other pathways for satisfying GenEd requirements
- Offers choice: more than 200 courses in 7 required breadth areas
  - Arts
  - Human Behavior
  - Quantitative Literacy
  - Race & Diversity
  - Science & Technology (two courses)
  - U.S. Society
  - Global/World Society

#### **General Education – The Exploration Curriculum**



- Complements and contextualizes majors
  - Hone skills for success in the major and career after Temple
  - Competencies such as critical thinking in diverse contexts, communication skills, and interdisciplinary approaches to problem solving propel students forward
- Creates connections in and out of the classroom
  - Human: Interact with classmates from all majors
  - City: Learn about Philadelphia from unique disciplinary perspectives
  - Cultural: Expand breadth of knowledge including opportunities to take GenEd courses while studying abroad
  - Academic: Synthesize knowledge from diverse fields

#### **Student Success Center**



- Conveniently located in Charles Library at the center of campus
- 5 key programs:
  - Writing Tutoring
  - Academic Coaching
  - STEM Tutoring
  - Language Tutoring & Conversation Partner
  - Peer-Assisted Study Sessions (PASS)
- Utilize peer-based learning strategies students helping other students!
- Flexibility of services
  - Open Mondays through Saturdays, with evening hours Mon-Thurs
  - Virtual services are also available

#### Fly in 4



- It's a Temple thing! Class of 2028 is the 11th class to enter under Fly in 4
- **Easy to opt in!** More than 43,000+ have accepted this agreement!
  - Click on link to the Fly in 4 Agreement provided on the Next Steps channel on TUportal.
  - Accept agreement anytime between now and end of add/drop period
- **Do what successful students do!** Meet the checkpoints:
  - Consult with an academic advisor every semester
  - Register for the next semester during the priority registration period
  - Advance in class standing each year and select courses consistent with academic plan
  - Complete a graduation review by the end of year 3 and be on track to graduate
- It works! Fly in 4 students are more likely to:
  - earn a higher GPA
  - advance in class standing and stay on track in their major
  - graduate in 4 years (or less!)
- Follow us on instagram! @templeflyin4

#### **Career Center**



- Students' careers are jungle gyms, not ladders! Strive to help students at every step by staying in tune with student needs and hiring trends
- Major and career exploration, career coaching and assessment
- Resume reviews, mock interviews, and employer job fairs
- Open YEAR-ROUND:
  - Virtual and in-person appointments via temple.joinhandshake.com (1:1 sessions, LinkedIn headshots, quiet interview rooms)
  - 24/7 career management resources on our website: <a href="https://careercenter.temple.edu">https://careercenter.temple.edu</a>
- Most Schools and Colleges have their own career/professional development units tailored to their students



#### What we offer

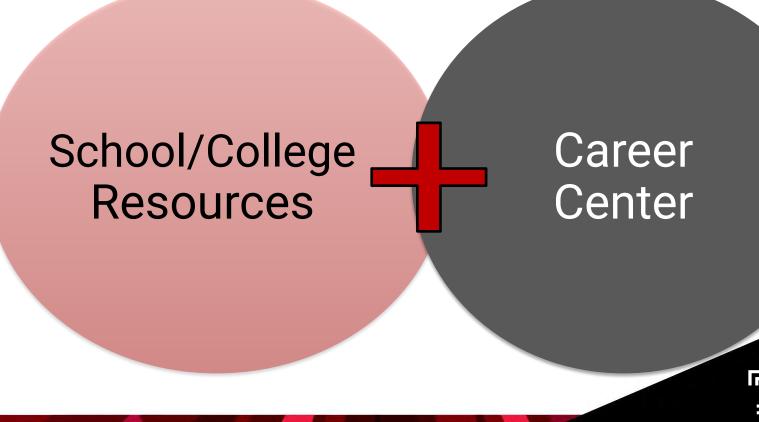
Career Coaching
Interview Prep
Career Path Assessments
Career Fairs & Events
On-Campus Interviews
Employer Outreach

Professional Documents Review
Job Search Strategies
LinkedIn Tips
Graduate School Planning
Private Interview Rooms
LinkedIn Photos

We support current students & alumni across all of Temple University!



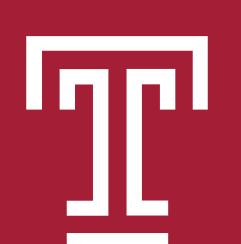
#### Where do students go?



#### What comes next?

- Handshake activation email sent during Weeks of Welcome!
- Check out 24/7 Resources
- Follow us on social media
  - @TempleCareers on Instagram, TikTok
- Visit us at the Resource Fair to ask questions
- Encourage your students to see us early and often!





### **Student Finances**

## Office of Student Financial Services

A Division of Enrollment Management within the Office of the Provost

#### **Office of Student Financial Services (SFS)**



SFS utilizes the FAFSA to offer need-based and other financial aid.

Types of Financial Aid include:

- Grants
- Scholarships
- Work-Study
- Loans

For more information visit the SFS website:

https://sfs.temple.edu/

#### **Contacting SFS**



Appointments (in-person, virtual or telephone) are available Monday–Friday.

- QLESS app download from the App Store or Google Play store.
- Link on the SFS website, <a href="https://sfs.temple.edu/about/appointments">https://sfs.temple.edu/about/appointments</a>

#### Phone

• 215-204-2244

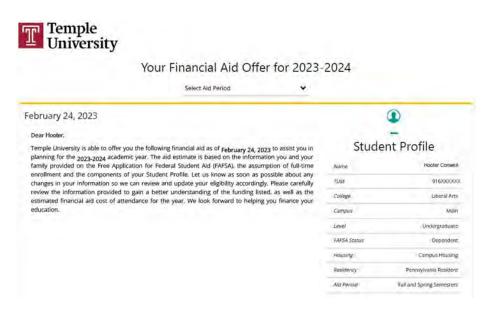
#### **Email**

sfs@temple.edu

#### **Financial Aid Offer**



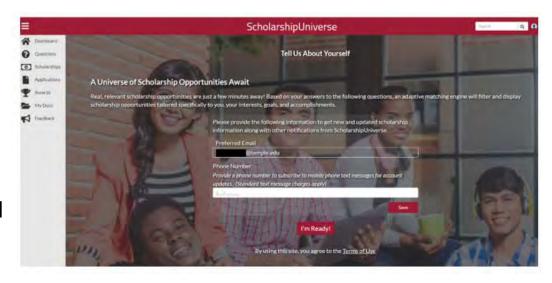
- ... Is available annually in the Costs & Aid tab
- ...Provides an estimate of the student's costs for the upcoming year
  - It is <u>not</u> the bill
- ...Is based on the Student's Profile
- ...Is unique to each student based on their Admission and FAFSA data



#### Temple's ScholarshipUniverse



- User-friendly, free database of outside scholarships
- Over 15,000+ possible opportunities
- TUPortal → Costs & Aid → "Apply for Scholarships"
- SSO with Accessnet & password
- Continuously updated



# **Federal Work Study**



- Need-based part-time employment
  - Requires the FAFSA & calculated financial need
- Does not pay the Bill
  - Students are paid via biweekly direct deposit
- Interested students can request consideration for work study by emailing <u>wkstudy@temple.edu</u>
- Students are responsible for obtaining a position:
  - On-Campus Positions: TUPortal → Careers@Temple
  - Off-Campus Job Bank on sfs.temple.edu website

# **Important Dates**



July 22, 2024

Fall 2024 Billing Notifications begin to go out for registered students September 12, 2024

Due date for Fall 2024 balance October 10, 2024

Final Fall billing due date for students enrolled in

Deferred Payment Plan October/November

Pay attention for email notification regarding availability of the

2025-2026 FAFSA

### **Best Practices**



- Apply early for FAFSA!
  - 2024-2025 FAFSA Open Now (Fall 24, Spring 24, Summer 25)
  - 2025-2026 FAFSA Opening late Fall for the upcoming school year.
- Apply for outside scholarships throughout the year
  - ScholarshipUniverse is open year-round via TUPortal!
- Get to know Temple's Policies
  - Visit our website sfs.temple.edu
- Budget carefully to minimize borrowing
- Take advantage of the Fly in 4 program to graduate in 4 years
- Contact SFS if you have questions!

# Temple University



# **Bursar's Office**

# **Paying for Your Education**

"An investment in knowledge pays the best interest"

**BENJAMIN FRANKLIN** 



### **About the Bursar's Office**



The Bursar's Office generates the *balance due notification for your student account*, which includes charges for tuition, fees, housing and meal plan charges.

Process student account, third-party sponsor payments, and refunds.

Manage student loan programs. We also provide counseling to student loan recipients to help them understand and manage student debt.

### Bursar's Office

Our department of Credit and Collections manages loan repayment for campusbased loans of former students and graduates of Temple University. The Bursar's Office promotes student financial wellness and literacy through the iGrad platform and initiatives throughout the academic year.

# TUpay

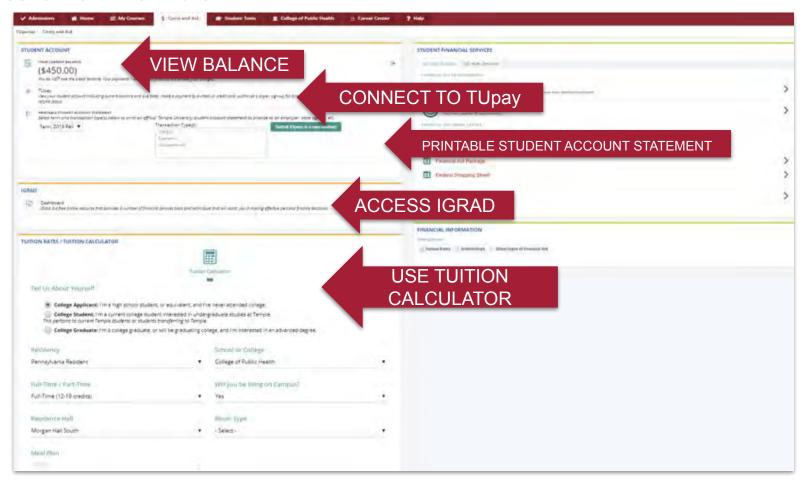


# TUpay is Temple University's official online student account and payment system. TUpay is accessed through TUPortal.

- View your current balance and payment due date
- Access real-time view of your student account
- Make payment by electronic check or credit card
- Check refund status and sign-up for direct deposit
- Create an Authorized Payer (parent, etc.)
  - An Authorized Payer is someone that a student grants access to TUpay on his/her behalf. They have the same TUpay functions as students.

## **Costs and Aid Tab**







# **Paying Your Tuition and Fees**

- Fall balance due notifications are issued starting the 3<sup>rd</sup> week of July to our student's Temple email address and the Authorized Payer's email address
- No charges will appear until students have registered for classes
- Newly registered students (after the 3<sup>rd</sup> week of July) will receive balance due notifications on the Monday following registration
- Due date is in September after Labor Day

# Ways To Pay



- Online (TUpay) (electronic check and credit card)
  - Credit card payments are subject to 2.85% convenience fee from the vendor in addition to the payment amount
- Payments by mail (check only)
  - Temple University Bursar's Office
  - 1803 North Broad Street, Carnell Hall 115
  - Philadelphia, PA 19122
- <u>Payments in-Person</u> (cash, check or money order)
- PA 529 College Savings Programs If you participate in either the Guaranteed Savings Plan or Investment Plan programs, you must first contact the program to request that a payment be issued to Temple University.
- <u>International payments</u>- Flywire-Students can make international payments with real-time currency conversion. This service offers 24-hour support in multiple languages.

# **Temple Installment Payment Plan (TIPP)**



- TIPP is an interest-free pre-payment plan administered on behalf of the University by Nelnet Campus Commerce.
- The plan allows Temple students to make up to ten scheduled monthly payments starting in May towards their future charges (five payments for the fall and five payments for the spring).
- Students can finance all or a portion of their charges by paying the non-refundable \$80 annual application fee to enroll in the payment plan.
- Payment methods are by electronic check (ACH) or credit card that will be automatically debited from the account on the 16<sup>th</sup> of each month.
- Credit card payments are subject to 2.85% convenience fee by Nelnet.
- To estimate the amount to finance on the TIPP payment plan, please access our tuition calculator at <a href="https://bursar.temple.edu/tuition-and-fees/tuition-rates">https://bursar.temple.edu/tuition-and-fees/tuition-rates</a>

# **Deferred Payment Plan**



- For the fall and spring semesters, students who do not pay the total account balance will be automatically enrolled in the University's Deferred Payment Plan.
- The Deferred Payment Plan provides additional time to pay your balance.
- Students will be assessed a \$50 non-refundable payment plan fee each semester if the total account balance is not paid by the semester due date. Students do not have to sign up for this payment plan.
- If students are automatically enrolled in the Deferred Payment Plan for fall and spring, the annual fee is \$100.

# Signing Up as An Authorized Payer



Creating an Authorized Payer is critical for the student to do.

An Authorized Payer is someone such as a parent that a student grants access to view his/her account and make payments in TUpay.

Visit <a href="https://bursar.temple.edu/billing/online-billing">https://bursar.temple.edu/billing/online-billing</a> for instructions to access TUpay and how your student can create Authorized Payers.

Watch a video explaining TUpay and how to create an Authorized Payer at https://bursar.temple.edu/how-to-videos

# **Signing Up An Authorized Payer**





# Signing Up for Direct Deposit

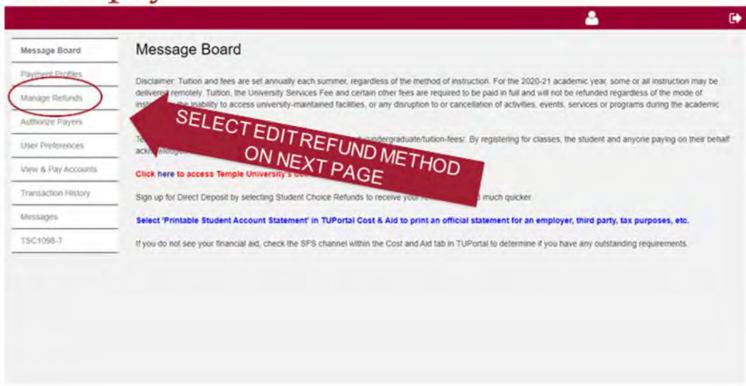
Safe, Convenient, and Fastest way to receive student refunds

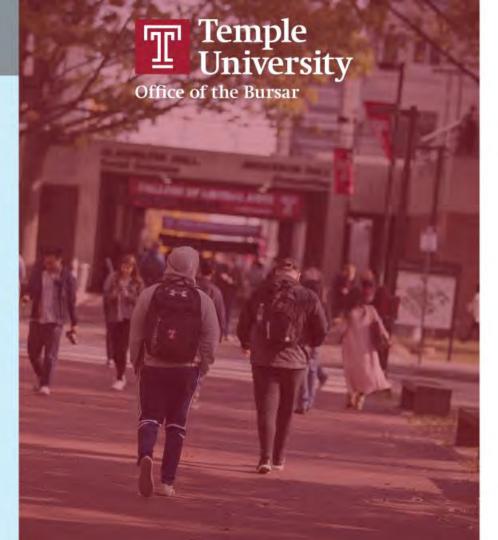
- Signing up for Direct Deposit is the other critical function students must perform
- Easy access through TUpay (Manage My Refunds)
- Refunds are available sooner and safely deposited directly into the student's bank account
- https://bursar.temple.edu/pay ments/refunds for instructions

# **Signing Up for Direct Deposit**









### **Tuition Calculator**

We strongly urge students/families to use the calculator at bursar.temple.edu to figure out the total cost of attending Temple University.

#### **TUITION CALCULATOR**

Tell us about yourself: \*

To access the Tuition Calculator, please select the educational status that best describes you from the choices below:

# College Applicant: I'm a high school student, or equivalent, and I've never attended college.

College Student: I'm a current college student interested in continuing undergraduate studies at Temple.

This pertains to current Temple students or students transferring to Temple.

 College Graduate: I'm a college graduate, or I will be graduating college, and I'm interested in an advanced degree.

CONTINUE

# Tuition Calculator- (2023-2024 Rates displayed)



#### CALCULATOR SELECTIONS

Educational Status: College Applicant

Residency: Pennsylvania Resident

School or College: College of Liberal Arts

Enrollment Status: Full-Time

If you are living in

University Housing

and/or using a

Meal Plan, select

Add Housing or

Meal Plan

Results can be printed, saved, or emailed

#### 2023-24 ESTIMATED TUITION RATES

 SEMESTER RATE
 ANNUAL RATE\*

 Tuition:
 \$8,988.00
 \$17,976.00

 University Service Fee:
 \$484.00
 \$968.00

 Tuition / Fee Total:
 \$9,472.00
 \$18,944.00

Select Add Payment Methods to determine how you'll finance your education



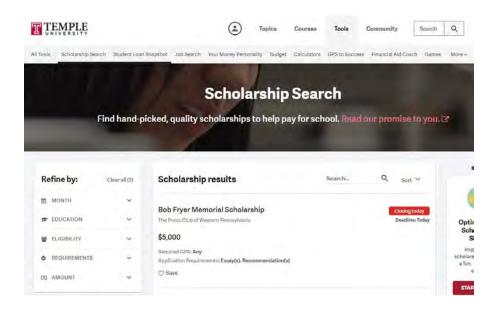
# iGrad-Financial Literacy



iGrad is the financial literacy platform that Temple uses to educate students about how to effectively manage their finances

#### Features include:

- Scholarship Search
- Student Loan Snapshot
- Courses
- Articles
- Webinars
- Quizzes
- Games



The platform is available for all admitted students and their families.

# **Action Items**



- Check your Temple email regularly
- Sign up for Direct Deposit(Open a checking account)
- Sign up Authorized payers-(This person will receive balance due notifications and reminders)

- Check out iGrad for scholarships and information on managing your money
- Use the tuition calculator to estimate your tuition and fees
- Create a budget
- Free, easy to use budget apps
  - Mint
  - Pocketguard
  - Goodbudget

# Important



You'll receive email notifications of your balance due to your TUmail account and the authorized payer's email.

Payment is due in September

(check bursar.temple.edu for due date schedule)

## **Online Resources**

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Bursar Office

https://bursar.temple.edu

iGrad

https://temple.igrad.com

TUpay

https://tupay.temple.edu



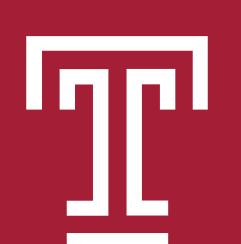
# How to contact us?

215-204-7269 (p) 215-204-5418(f)

bursar@temple.edu

Hours:

Monday to Friday: 8:30 a.m. to 5:00 p.m.

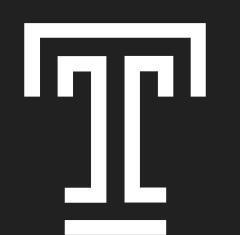


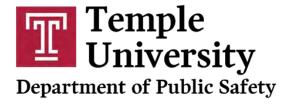
# **Public Safety**

# **Public Safety**



215-204-1234 safety.temple.edu





**Safety** is in everything we do... and we want it to be part of what students do too!



- Available 24 hours a day365 days a year
- Call Us:215-204-1234





In our communication center, certified dispatchers multitask







Pennsylvania-certified sworn Police Officers





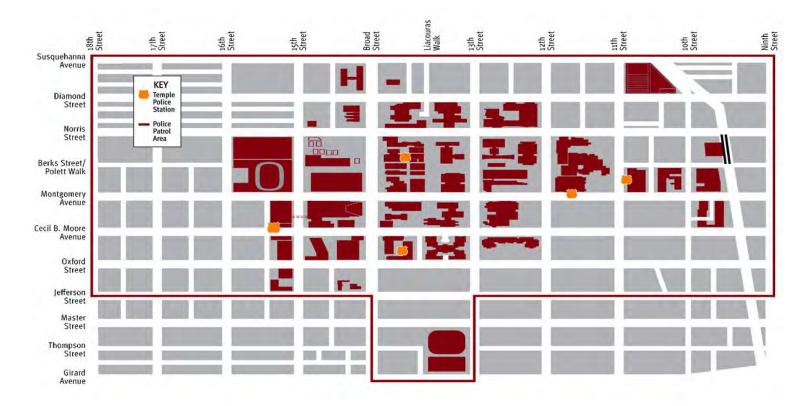
### Security Officers monitor building access





# <u>'IĽ</u>'

### Patrol Area







### Safety Features include:

- Well-lit walkways
- Code Blue Emergency phones
- Camera system
- 5 Police Stations



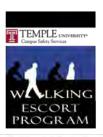




Safety Planning should include:



















Planning and Preparedness should include:

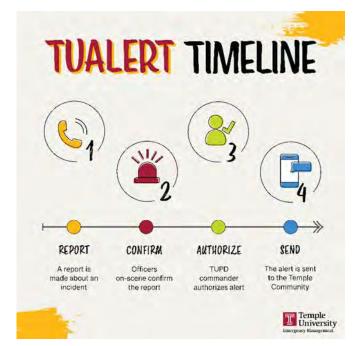






#### TUAlerts







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**Department of Public Safety** 

Tools and Tips for Everyday Safety









#### We Give a Hoot!

❖ Call: 215-204-1234

Website: safety.temple.edu

Email: <a href="mailto:police@temple.edu">police@temple.edu</a>

Submit a confidential tip: call
 215-204-6493 or through the
 "Submit a Tip" link on our website



# Student Conduct and Community Standards

- Representatives will be at the Resource Fair
- Committed to Educating Students about their Responsibilities
- Students are responsible for knowing and upholding the Student Conduct Code

# **Housing + Meal Plans**

# **University Housing and Residential Life**

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University Housing & Residential Life is comprised of undergraduate, graduate, and full-time staff who are all here to support your student's experience.

In Hall Teams - RDs, RCs, FDMs, RAs, PMs
Maintenance/Facilities Team
Housing Team





The Office of University Housing and Residential Life offers an experience that enhances the holistic development of residents.

Our residential community is centered on a vibrant university campus and city that offers many social and academic resources. Being a member within our community provides various opportunities for residents to become campus leaders, meet others, and engage in life learning skills. Through living in a Temple University residence hall, residents have a convenient access to classes, comfortable living, nearby dining options, academic studying environments, and quick access into the city. Our residential life staff and community engagement design prepare residents for the real world.

#### **OUR MISSION & EDUCATIONAL PRIORITY**

As a result of living on campus at Temple University, residents will responsibly impact communities.



Each student living in our halls has the right to live in a space where they feel safe and secure. A place where they can be respected and grow as an individual. Our Student Conduct Code and Community Living Standards help ensure students' rights are being upheld. All students are held accountable to the these and should be familiar with all Temple policies.





### **Things to Remember When Your Student Calls Home:**



- 1. Do they need to vent or do they need solutions?
- 2. Discomfort ≠ unsafety
- 3. Refer to our staff early and often!
- 4. Contact us yourselves! We want to hear from you!
  - a. **BUT** we **WILL** interact with your student in full transparency **NO** "Don't tell my student I called and told you this!"
- Empathize with their struggles and remind them of how strong and capable they are.



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- Where can I find the most updated information about fall move in?
  - https://housing.temple.edu/
    - Resources And Services Fall and Spring Move-In
  - Move In Guide: comprehensive document for students/families/friends that answers most of your questions!
  - Important Dates!

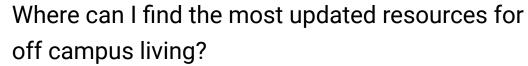






Best Nest Program - program designed to offer students and families the ability to search off campus housing options in Temple's patrol zone that meet certain safety, security, and good neighbor criteria!

• There is still availability in most Best Nest properties!



- https://offcampus.temple.edu
  - University and Local Resources
  - Living Off Campus Guide: comprehensive document for students/families/friends that answers most of your questions!





# Living on or off Campus at Temple!



 How can I contact University Housing & Residential Life for questions about on or off campus living?

Website: <a href="https://studentaffairs.temple.edu/housing">https://studentaffairs.temple.edu/housing</a>

In Person: 1910 Liacouras Walk, Suite 200

Phone: 215-204-7184, option 2

Email: <a href="mailto:housing@temple.edu">housing@temple.edu</a>

Social Media: @templeUHRL





# **Temple Culinary Services**

**Justin Giron & Allie Kim** 





### **Temple Culinary Services: New This Fall**







Temple Culinary Services is excited to announce the following enhancements for the fall semester:

- We've added guest meals to select meal plans allowing you to treat friends and family exclusively at Esposito Dining Center in Johnson and Hardwick Halls.
- We've added a new brand to our already-robust retail lineup,
   The Halal Shack at the Howard Gittis Student Center Food Court.
   The location will be open Monday through Sunday for lunch and dinner and will accept meal equivalency.
- We've refreshed the **Chick-fil-A**® at the Howard Gittis Student Center Food Court and expanded the menu to include mac and cheese as a side option.
- We've added to our lineup of **Diamond General Express** cashierless vending machines, adding two to the entrance of the
   Morgan Hall North residence hall.

#### **Curating Community Experiences**































#### What is a meal plan?

A meal plan unlocks delicious meals, coffee, snacks, and more at Temple Culinary Services locations across main campus. Each meal plan includes *meal swipes* that are conveniently preloaded onto one's *OWLcard* or mobile wallet.

- Weekly meal plans provide a weekly allowance of meal swipes, resetting each Sunday at 12:01 a.m.
- Block meal plans provide a bundle of meal swipes, which expire at the end of the semester

#### Who is required to purchase a meal plan?

**New students** (*first-year and transfer*) with housing contracts on main campus are required to purchase a weekly meal plan with a minimum of 10 meals per week. If no meal plan is chosen, the *Weekly 12* will be assigned by default for *both* the fall and spring semesters.



#### What is a meal swipe?

Meal swipes are meals included in your meal plan, which can be used two ways:

- to enjoy all-you-care-to-eat dining at Esposito Dining Center in Johnson and Hardwick Halls
- as **meal equivalency**, a credit toward the purchase of à la carte food items at select retail locations (excluding coffee and convenience outlets)

#### How much is a meal swipe worth when used as meal equivalency?

When used as meal equivalency, the value of a meal *varies by meal period*:

- **During breakfast** (from open until 10:59 a.m.): \$7.60
- **During lunch** (11:00 a.m. to 3:59 p.m.), **dinner** (4:00 p.m. to 7:59 p.m.), and **4th meal** (8:00 p.m.to close): \$10.50

A second meal swipe, cash, or credit can be used to cover any remaining balance.

#### How often can I use a meal swipe?

You can use a single meal swipe in our all-you-care-to-eat dining location and up to 2 meal swipes per transaction in retail settings (excluding coffee and convenience outlets) with a maximum meal swipe allowance of 4 meals per meal period – until the limit included in your meal plan is met.



Meal Period	Max Swipes per Meal Period	Max Swipes per Transaction	Possible Combinations	Can I use a guest meal on myself if run out of meal swipes during a meal period?	
Breakfast (Open-10:59a)	4	2 in Retail 1 in Residential	·+·+·+·	Yes	
<b>Lunch</b> (11:00am-3:59pm)			or		
<b>Dinner</b> (4:00pm-7:59pm)					
4th Meal (8:00pm-Close)			·. + ·.		



#### When does my weekly meal swipe balance reset? How can I check my balance?

Your weekly meal swipe balance resets **each Sunday at 12:01 a.m.** You can verify your balance on the *TUportal*, *TUmobile* app, or *Transact eAccounts* app

#### Can I change my meal plan?

You have until the **meal plan changes deadline** each semester to modify your meal plan selection. To do so, visit *MyHousing* within the *TUportal*.

- September 9, 2024 (Fall)
- January 27, 2025 (Spring)

#### Am I allowed to treat friends or family to a meal using my meal plan?

If your meal plan includes **guest meals**, you can use them to treat others to a meal exclusively at Esposito Dining Center in Johnson and Hardwick Halls. Otherwise, you're welcome to treat friends and family to a meal using **cash** or **credit** at any of our campus dining locations.





Meal Plan	Meal Swipes	Guest Meals per Semester	Price per Semester
Unlimited	Residential: Unlimited Retail: Up to 21 per Week	5	\$2,584
Weekly 15	Residential and/or Retail: Up to 15 per Week	5	\$2,432
Weekly 12	Residential and/or Retail: Up to 12 per Week	5	\$2,217
Weekly 10	Residential and/or Retail: Up to 10 per Week	3	\$1,895
Weekly 5*	Residential and/or Retail: Up to 5 per Week	-	\$982
Block 100*	Residential and/or Retail: Up to 100 per Semester	-	\$1,175
Block 50*	Residential and/or Retail: Up to 50 per Semester	-	\$620

<sup>\*</sup>Reserved for returning and off-campus students.

#### What are Guest Meals?

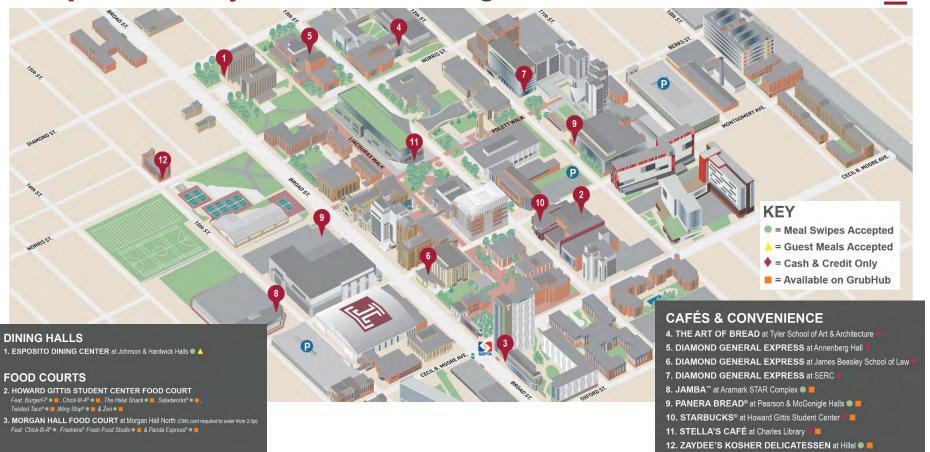
Guest meals are included in our *Unlimited*, *Weekly 15*, *Weekly 12*, and *Weekly 10* meal plans and can be used to treat friends and family exclusively at Esposito Dining Center in Johnson and Hardwick Halls.

You can use as many guest meal swipes as you'd like until the limit included in your meal plan is met.



# **Temple Culinary Services: Dining Location Overview**





#### **Temple Culinary Services: Dining Location Overview**

Stella's Café

**Zaydee's Kosher Delicatessen** 



Location	Mon – Fri	Sat	Sun
Esposito Dining Center	•	•	•
<b>Howard Gittis Student Center Food Court</b>	•	•	•
Morgan Hall Food Court	•		
The Art of Bread	•		
Diamond General Express	•	While Supplies Last!	While Supplies Last!
Jamba™	•		
Panera Bread®	•	•	
Starbucks®	•	•	•

### **Temple Culinary Services: Special Diets**



Temple Culinary Services provides an array of food options to accommodate a variety of lifestyles, dietary needs, and restrictions – including vegan, vegetarian, gluten-free, halal, and kosher.

Sarah Fine, MS, RDN, LDN, CSG TempleUDietitian@aramark.com



**Special Diets by Location** 

Location	Vegetarian & Vegan	Allergen Friendly	Kosher	Halal
Esposito Dining Center	•	•		
Howard Gittis Student Center Food Court	•			Halal Shack
Morgan Hall Food Court	•			
The Art of Bread	•	•		
Diamond General Express	•	•		
Jamba™	•			
Panera Bread®	•			
Starbucks®	•			
Stella's Café	•			
Zaydee's Kosher Delicatessen	•		•	•

#### **Temple Culinary Services: On-Campus Resources**









**Dining Map** 



Special Diets
Guide



Special Diets by Location



On-Site Dietitian
Connect



Social Media & Website



# What's next?

# **Upcoming sessions**



12:15 p.m. Lunch at J+H Dining Hall

1:30 p.m. Supporting Your Student's Health and Well-being | Walk Auditorium

2:30 p.m. Ask an Owl Panel | Walk Auditorium

3:30 p.m. Resource Fair + Social | Mitten Hall - Great Court

WANT SLIDES?
SCAN HERE



# Welcome back from lunch!



# What does the rest of the day look like:

1:30 p.m. Supporting Your Student's Health and Well-being | Walk Auditorium

2:30 p.m. Ask an Owl Panel | Walk Auditorium

3:30 p.m. Resource Fair + Family Social | *Mitten Hall - Great Court* 





# Here are a few reminders...

- Save the date:
  - Move-in for new students: Tuesday,
     August 20 Thursday, August 22
  - Weeks of Welcome: Tuesday, August
     20 Saturday, August 31
  - Homecoming & Family Weekend:10/18 10/20
- Visit the Bookstore open until 5:30
- Virtual Parent and Family Orientation is ongoing!



# Supporting Your Student's Health and Well-being

# **Student Health Services**

Thomas Trojian, MD CAQSM Clinical Director



#### **MAIN CAMPUS**

1700 N. Broad St. 4<sup>th</sup> Floor 215-204-7500

Fall and Spring Hours

Mon: 8:00 am - 5:00 pm
Tues: 8:00 am - 5:00 pm
Wed: 8:00 am - 5:00 pm
Thurs: 8:00 am - 5:00 pm
Fri: 8:00 am - 5:00 pm
Sat: 10:00 am - 2:00 pm

Sun: Closed

Summer and Break Hours
Mon. to Fri. from 8:00 am to 5:00 pm only

#### **HEALTH SCIENCE CAMPUS**

Student Faculty Center 3340 North Broad Street 3rd Floor Room 322 215-707-4088215-707-4088

#### **Hours**

Mon: 7:30 am — 4:30 pm Tues: 7:30 am — 4:30 pm Wed: 7:30 am — 4:30 pm Thurs: 7:30 am — 4:30 pm Fri: 7:30 am — 4:30 pm Sat: Closed

Sat: Closed Sun: Closed

Summer Hours
Mon. Wed. Fri. from 8:00 am to 4:00 pm only
from 8:00 am to 5:00 pm only



#### **Services Offered**

- Acute and Chronic Care by Appointment
- Women's Health
- STI Testing
- Sports Medicine
- Physical Examinations
- Immunizations / Titers
- Travel Consults
- Mental Health Screening and Coordinated Care
- Allergy Shots
- Nutritionist
- Laboratory Services



### How To Make An Appointment:

Student Health Services appointments are made online <a href="https://shs-portal.temple.edu/login.aspx">https://shs-portal.temple.edu/login.aspx</a>
Sign in with Accessnet ID (tuX#####) and password.

Main: 215-204-7500 HSC: 215-707-4088



#### **Student Health Fee**

- This is not your student's health insurance.
- The Student Health Fee is included in your tuition.
- Covers all visits and consults with our physician, nurse practitioner, nurse and nutritionist.
- Covers all routine and acute care visits.
- The following charges are not covered:
  - Prescription medications dispensed by Student Health
  - Lab tests unless covered by private insurance
  - Supplies such as crutches
  - Point of care tests such as rapid strep/flu/mono



#### **Immunization requirements**

- Measles, Mumps, Rubella (MMR)
- Tetanus/Diphtheria/Pertussis (Tdap)
- Varicella (Chicken Pox)
- Meningitis Vaccine Menactra, Menveo, Meningitis B Vaccine is recommended
- COVID Vaccine is required for certain health majors but recommended for all.

All vaccine information is entered and records are uploaded to the Patient Health Portal

https://shs-portal.temple.edu/login.aspx



### <u>Immunization Requirements:</u>

- You are required to upload your immunization records before your move-in date.
- Please do so by visiting the Student Health Services webpage and clicking on immunization form this button located in the top, right portion of the page.

# TRANSITIONS FOR FAMILY MEMBERS

Presented by: Tuttleman Counseling Services and Owl Team Leaders

### **Tuttleman Counseling Services**



1700 North Broad St.- 2nd Floor (215) 204-7276

counseling.temple.edu

- Free and confidential counseling services, both individual and group formats.
- Office Hours (Mon Fri, 8am 5pm)
- Access Services: <a href="https://counseling.temple.edu/access-services">https://counseling.temple.edu/access-services</a> (Mon- Fri, 10am 3pm)
  - Services:
    - Resiliency Resource Center
    - Drop In Skills Classes
    - Therapeutic Yoga and Meditation Sessions
    - Group & Individual Counseling (short-term)
    - Psychiatric Services
    - Referrals
    - Welltrack Boost
    - Togetherall
    - Let's Talk





# **Tuttleman Counseling Services**



1700 North Broad St.- 2nd Floor (215) 204 - 7276

counseling.temple.edu

- Please encourage your student to seek counseling if:
  - You notice a change in mood
  - Their academic performance is poor
  - They are not adjusting well
  - You suspect drug or alcohol problems
  - They are not solving problems
  - You have suspicion that something is wrong
    - Call to consult: (215-204-7276)



# ASKAN OWL STUDENT PANEL



# Thank you & wrap-up

- Family Social + Resource Fair in Mitten Hall - Your student will meet you there!
- Visit the Bookstore open until
   5:30 Student Center
- Temple Family Council interest form at the fair.
- Look for an email from us for your feedback!
- Virtual Parent and Family
   Orientation is ongoing!



