



PennState
Mont Alto

2023-2024

PARENTS &

FAMILIES

GUIDE

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PARENT & FAMILY RESOURCES

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A PENN STATE WELCOME

Dear Parents & Family Members:

We are honored that your student has chosen Penn State Mont Alto for the next chapter of their educational journey. Our faculty and staff do not take this honor lightly... Your student's success and wellbeing are our top priority. Our goal is to see each of our students thrive both in and out of the classroom, and we strive to provide an atmosphere that is welcoming, supportive, and inspiring.

In addition to receiving a world-class Penn State education, your student will also experience individualized attention on a small and nurturing campus. With a 14:1 ratio of students to faculty, 35+ on-campus clubs and organizations, and a student body of 673, Mont Alto is proud to start this Fall with the launch of our new Wellness House. Providing counseling and health services, as well as a sensory room and various other amenities, the House is designed to be a place for students to relax and de-stress as needed when on campus.

We are excited for what the future holds for your student. Please encourage them to study hard, have fun, make new friends and take advantage of every resource and opportunity Penn State Mont Alto has to offer.

Here's to a great year... for all of us!

Sincerely,



Francis K. Achampong, Ph.D.
chancellor, Penn State Mont Alto



Jay Arcuri
director of Student Affairs



INTEGRITY

We act with integrity and honesty in accordance with the highest academic, professional, and ethical standards.

RESPECT

We respect and honor the dignity of each person, embrace civil discourse, and foster a diverse and inclusive community.

RESPONSIBILITY

We act responsibly, and we are accountable for our decisions, actions, and their consequences.

DISCOVERY

We seek and create new knowledge and understanding, and foster creativity and innovation, for the benefit of our communities, society, and the environment.

EXCELLENCE

We strive for excellence in all our endeavors as individuals, an institution, and a leader in higher education.

COMMUNITY

We work together for the betterment of our University, the communities we serve, and the world.



THE FIRST YEAR

Your student’s first year of college is a transition for the entire family. At Penn State, we use the First-Year Learning Outcomes (PG 8) to guide our work to support new students in this transition. New Student Orientation will introduce you and your student to the tools and resources that will help to set them up for success.

Parents and family members are a critical part of the support network for students. We hope this guide will serve as a resource to help you navigate the first year and beyond.

Understanding the First Year

Your student’s first year of college may be emotional for both you and your student. Families who understand the cycle of the academic year can better help their student navigate important decisions and challenges.

The First Weeks: A New World

Students are experiencing college life for the first time. They are excited to explore many opportunities and are trying to make connections with other students, staff, and faculty. Students may be:

- *Excited, yet apprehensive*
- *Exploring new freedoms*
- *Learning to manage new responsibilities*
- *Feeling homesick and lonely*
- *Trying to find their place socially*
- *Anxious about new academic challenges*

Mid-Semester: Reality Check

Classes are in full swing. Early assignments and exams have been returned and students may be surprised (either pleasantly or unpleasantly) by their grades. Students start to realize that friends from the first few weeks may or may not stick around. The roommate honeymoon may end. Students may be:

- *Questioning academic abilities and choices*
- *Adjusting study habits, learning styles, and time management skills*
- *Wondering if they fit in socially*
- *Seeking additional opportunities to become involved*
- *Dealing with consequences of poor decision-making*
- *Selecting appropriate courses for next semester*
- *Thinking about living arrangements and roommates for the next year*

End of the First Semester: Information & Stress Overload

Students are sorting out how to approach their first final exam period as the first semester winds down. The realization that academic work in college is much harder than high school has set in for many. For those who have procrastinated or stumbled in the early months, the pressure is now a reality. Students who are working or have joined various student organizations may have increased end-of-semester commitments. Students may be:

- *Anxious about preparing for final exams*
- *Finding it more difficult to get along with their roommate*
- *Overwhelmed by their commitments*
- *Questioning their decision to attend college*
- *Excited or apprehensive to head home for break*

Home for Break: New Expectations

The first long break is welcomed by most students (and families) and they are usually eager to return home. They look forward to the comforts of home, privacy, reconnecting with friends, and some much needed rest. Tensions over curfews and family expectations can happen at this time. Communicating expectations in advance and keeping a sense of humor can help families enjoy this longer visit home.

Second Semester: A New Beginning

While a new semester is a fresh start, it is also heavily influenced by the experience students had their first semester and over the break. Some students will enjoy being home and reconnecting with their families and friends, which may make it harder to return, while others experience challenges at home that make them excited about being back on campus. Other elements like first semester grades and confidence in the friendships they established the last term, also influence their excitement or apprehension about the start of the new semester. During their second semester students may be:

- *Feeling a renewed interest in opportunities to make friends*
- *Getting more involved in cocurricular activities*
- *Finding a better balance between academic, cocurricular, and social commitments*
- *Thinking about living arrangements and roommates for the next year*
- *Contemplating their academic interests, strengths, and choice of major*
- *Exploring internships and opportunities for summer break*

Adapted from Empowering parents of first-year college students: A guide for success by R. H. Mullendore and L. Banahan (2007) and The happiest kid on campus: A parent’s guide to the very best college experience (for you and your child) by H. Cohen (2010).

PARTNERING WITH PENN STATE

We recognize and appreciate the important role that you have played in the life of your student prior to arriving at Penn State. We want this role to continue by cultivating an effective partnership during your student’s college career even as your role changes to that of a coach or mentor.

Your Student's Responsibility

At Penn State, we expect our students to:

- *Become increasingly responsible for their actions including their academic and social decisions*
- *Take the lead in solving their problems*
- *Abide by community standards*
- *Explore the educational opportunities available, select a major in which they will succeed and enjoy, and put forth their best efforts in the classroom*
- *Take advantage of the tremendous array of opportunities outside of class by choosing meaningful ways to become active citizens on campus and in the broader community*
- *Embrace opportunities to experience, interact with, and learn from the broad diversity of people in the Penn State community*

Penn State's Role

Penn State aims to:

- *Be a student-centered research university*
- *Have faculty, staff, and administrators that strive to support our students both in and out of class*
- *Provide the necessary resources and support services to enhance student success*
- *Provide a safe, healthy community for students to live, learn, and grow academically and socially*
- *Take an active role in meeting this goal through general outreach and communication to our parents and family members*

YOUR ROLE

Many incoming college students see their family members as trusted coaches and sources of support, which is not likely to change when they begin their Penn State career. Students need you to support their growth, development, independence, and to also be a stable force in their ever-changing world.

- **Support Student Autonomy**
Young adulthood is a time when your relationship changes from an adult-child relationship to an adult-adult relationship. Support your student’s autonomy by actively redefining your relationship, relinquishing unnecessary control, and encouraging personal responsibility and problem-solving. When a problem arises, move like your feet are stuck in molasses and allow your student time to learn how to fix their own problems.
- **Stay Connected**
Expect that your student will not respond to all of your contacts whether by phone/text, email, or even “snail” mail, but know that they appreciate hearing from you.
- **Embrace Exploration**
Your student is experiencing new viewpoints and perspectives that may challenge prior belief systems. Allow them to explore ideas without being judgmental. Understand that changes in viewpoints, behavior, dress, eating and sleeping habits, and relationships with family members are all to be expected. However, if you suspect that some of these changes may be signs of bigger problems, trust your instincts. Your student may need you to refer them to the appropriate resources described in this guide for help.
- **Be Knowledgeable about Campus Resources**
Utilize the resources available in this guide, campus website, and email newsletters. By acting as a referral source for your student, you can demonstrate that you are interested in your student’s life at the University, and at the same time, empower your student to explore resources and solve their problems.
- **Continue Difficult Conversations**
You still have an influence on your student’s behavior. In college, your student will have to make their own decisions about what time to get up in the morning, when to study, when to exercise, which organizations to join, what to eat, whether or not to drink alcohol, and whether or not to engage in romantic relationships. Although you cannot force your student to behave as you would want them to, parents can create an atmosphere of open communication by listening and sharing family expectations.
- **Recognize the Challenges**
The first year of college can be full of indecision, insecurities, disappointments, and, most of all, mistakes. It’s also full of discovery, inspiration, good times, and exciting people. The reality is that there are times in college when your student might experience all of the above, which is normal and to be expected.
- **Welcome Change**
Your student will change, and so will you. College and the experiences associated with it can effect changes in social, vocational, and personal behavior. These changes are natural and inevitable. They can also be inspiring or challenging. You can’t stop change and you may never understand it, but you can accept it and support your student’s decisions. Trust your student and trust the job you have done in getting them to this point.

Adapted from Helping your first-year college student succeed: A guide for parents by R. H. Mullendore and L. Hatch (2000).



PENN STATE FIRST-YEAR LEARNING OUTCOMES

> gened.psu.edu/learning-objectives

The First-Year Learning Outcomes were created to improve student success by increasing academic and social integration into the University. The vision that Penn State has for each student is highlighted in these Learning Outcomes. We hope your student will complete these outcomes by the end of their first year.

In addition to these Learning Outcomes, students will work towards achieving Penn State’s General Education Learning Objectives.

- Understand and meet academic expectations; engage in active learning and use effective time management skills to balance academic work with extra-curricular activities.
- Learn about the value of higher education to both society and to individuals; appreciate the value of the general education curriculum and the worth of lifelong learning and scholarship.
- Be familiar with student services and academic resources on campus; actively use those resources and interact with staff.
- Engage with faculty in and out of the classroom.
- Interact effectively with peers in social settings and through educationally purposeful student activities.

- Refine short-term and long-term academic goals; learn about career management; establish more specific career goals.
- Achieve a higher competency in writing, note-taking, active reading, critical thinking, and quantitative reasoning to be able to master college-level work.
- Expand knowledge of human diversity and cultural competence; effectively interact with others.
- Engage in activities leading to improved personal health and fitness; learn about making responsible decisions in a college environment.

Approved by: The Pennsylvania State University First Year Experience Committee, April 2005.

KEY DATES 2023-2024 ACADEMIC YEAR

	Summer Session II 2023	Fall 2023	Spring 2024
Tuition Bill Arrives (to student's email account)	Begins Early May	Begins Early August	Begins Early January
Classes Begin	June 28	August 21	January 8
Drop Period ¹	June 28 - July 1 at 11:59 p.m. ET	August 21 - 27 at 11:59 p.m. ET	January 8 - 14 at 11:59 p.m. ET
Add Period ¹	June 28 - July 1 at 11:59 p.m. ET	August 21 - 27 at 11:59 p.m. ET	January 8 - 15 at 11:59 p.m. ET
Holiday	July 4: No Classes Independence Day	September 4: No Classes Labor Day	January 15: No Classes Martin Luther King Jr. Day
Semester Break	_____	November 19 - 25: No Classes Fall Break	March 3 - 9: No Classes Spring Break
Late Drop Ends ¹	July 31 at 11:59 p.m. ET	November 10 at 11:59 p.m. ET	April 5 at 11:59 p.m. ET
Withdrawl Deadline	August 9 at 5:00 p.m. ET	December 8 at 5:00 p.m. ET	April 26 at 5:00 p.m. ET
Classes End	August 9	December 8	April 26
Study Day(s)	August 10	December 9 - 10	April 27 - 28
Final Exams	August 11	December 11 - 15	April 29 - May 3
Commencement <small>*Spring Commencement only at Mont Alto</small>	_____	_____	May 4

¹ These dates apply to full semester courses



NEW STUDENT ARRIVAL CHECKLIST FOR PARENTS & FAMILIES

Reminders for Your Student

Completing the New Student Checklist

- Remind your student to complete their NSO tasklist at orientation.psu.edu (It contains many helpful things for students to do before, during, and after NSO)

Paying the Tuition Bill (PG 19)

- All students must sign the Financial Responsibility Agreement (FRA) in LionPATH prior to enrolling for classes each semester
- If you plan to view/or pay your student's tuition bill, your student needs to grant you Authorized Payer Access in LionPATH
- The student and authorized payers on the student account receive an email when tuition statements are ready (Payments are typically due on the 22nd of the month)
- To plan for future semesters, please visit tuition.psu.edu (Tuition rates for the academic year are set in mid-July)

Managing Healthcare Information (PG 40)

- Students must submit proof of immunizations to University Health Services prior to NSO. Visit studentaffairs.psu.edu/health.
- Students must submit proof of adequate insurance in LionPATH
- Students without health insurance can purchase the Penn State Student Health Insurance Plan
- Make a copy of any insurance and prescription cards for your student to take to school

Preparing for the Semester

- View the academic calendar at registrar.psu.edu/academic-calendars
- View room assignment and roommate information at eliving.psu.edu
- Contact their roommate to make introductions and discuss what to bring
- Map out the location of classes at montalto.psu.edu/map
- Explore purchasing or renting textbooks
- Review housing check-in schedule and location, packing checklists, and helpful tips at arrival.psu.edu
- Add funds to the LionCash account at idcard.psu.edu
- Add cell phone numbers to the PSU Alert system at psualert.psu.edu to receive text and/or voice alerts
- If desired, grant parent Delegated Access in LionPATH to view class schedule, grades, etc. (PG 22)

Reminders for Parents and Families

- Sign up to receive emails from the Parent & Family Experience portal at psu.campusesp.com

General Topics for Discussion

- Encourage your student to participate in campus welcome activities
- Discuss campus safety and decisions regarding alcohol and drug use (PG 34)
- Discuss time management, study skills, and mutual expectations for staying in touch
- Talk about and plan how your student will finance their education
- Provide reminder of life skills (including doing laundry, managing bank account, eating well, etc.)
- Remind your student to check their Penn State email account frequently

UNIVERSITY RESOURCES

Department	Website	Phone Number	Page
Academic Support Center	montalto.psu.edu/asc	717-749-6046	16
Admissions	montalto.psu.edu/admission	717-749-6130	
Advising Center	montalto.psu.edu/academics/advising	717-749-6056	15
Athletics	psumontaltoathletics.com	717-749-6187	28
Bookstore	psu.bncollege.com	717-749-6195	16
Bursar	montalto.psu.edu/tuition-and-aid	717-749-6180	19
Counseling Services	montalto.psu.edu/counseling	717-749-6125	41
Health Services	montalto.psu.edu/health	717-749-6160	41
Housing and Food Services	montalto.psu.edu/studentlife/residence-life/living-on-campus	717-749-6081	29
Information Technology Services	montalto.psu.edu/technology	717-749-6300	24
Library	montalto.psu.edu/academics/library-mont-alto	717-749-6040	17
Lion's Pantry	montalto.psu.edu/student-life/student-affairs/lions-pantry	717-749-6156	28
Police Services	montalto.psu.edu/safety	717-749-6070	39
Registrar (Records Office)	montalto.psu.edu/records	717-749-6067	21
Residence Life	montalto.psu.edu/studentlife/residence-life	717-749-6156	30
Student Affairs	montalto.psu.edu/student-life/student-affairs	717-749-6156	27
Student Aid	montalto.psu.edu/tuition-and-aid	717-749-6142	20
Student Disability Resources	montalto.psu.edu/asc/service/student-disability-resources	717-749-6045	17

TRANSPORTATION & PARKING

Skateboards, Scooters, and Skates

- > policy.psu.edu/policies/sy16

The use of skateboards on campus is prohibited. Roller skates, in-line skates, scooters, sleds, and similar coasting devices are prohibited on roadways.

Student Parking

All residential students are eligible for resident or long-term parking on campus. Commuter parking is available for off-campus students who wish to park on campus for class and other activities. For more information related to student and visitor parking on campus, visit montalto.psu.edu/safety/parking.

Transportation to Harrisburg Train/Bus Station, Harrisburg International or BWI airports

- Transportation to the Harrisburg Train/Bus Station, Harrisburg International or BWI airports will be provided prior to the end of each semester, Thanksgiving Break, and Spring Break.
- You MUST arrange your travel reservations around the scheduled date and time as set forth by the Student Life Office.
- If you book outside of the set date and time, you will be responsible for arranging your own transportation to the train/ bus station or the airport.









DO NOT make any travel reservations until you have checked in with the Student Life office first.

- All requests for transportation MUST be made no later than 1 week prior to the transportation date set by the Student Life Office.
- Transportation is \$15.00 one way and MUST be paid no later than 1 week prior to the transportation date set by the Student Life Office. Any request made after the set date will NOT be honored.
- Any request made outside of the scheduled transportation window will NOT be honored.

NO SMOKING POLICY

The University promotes a smoke-free environment. The use of cigarettes, e-cigarettes, cigars, pipes, smokeless tobacco, all nicotine delivery devices and other tobacco products are not permitted on campus, including University housing and commons buildings.

STAY CONNECTED

Penn State	Penn State Mont Alto
 Online psu.edu	 Online montalto.psu.edu
 Facebook pennstate	 Facebook psumontalto
 Twitter PennState	 Twitter montaltopsu
 Instagram pennstate	 Instagram pennstatemontalto

ACADEMIC RESOURCES

- > Orientation
- > Academic Overview
- > General Education Requirements
- > Academic Advising
- > Grades and GPA-Equivalents
- > Resources

ORIENTATION

Student Orientation and Transition Programs

- > orientationma.psu.edu

Student Orientation and Transition Programs provides programming for new and continuing Penn Staters. Our programs also support the parents and families of new students. We focus on facilitating successful academic, social, and personal transitions to Penn State.

ALEKS Math Assessment

- > orientation.psu.edu/testing

The ALEKS Math Assessment evaluates a student's readiness to take college-level math and science courses. Since these courses are demanding, students need to begin in the course most likely to lead to success. Students will not be permitted to take a course unless they have demonstrated readiness – either through the ALEKS Math Assessment or by completing high school calculus. Students required to complete ALEKS will do so before attending New Student Orientation. Students wishing to retake ALEKS to improve their score may do so by using the learning modules within ALEKS. Students may retake the assessment up to two more times after using the learning modules (for a total of three attempts). Access to ALEKS ends after your student's first drop-add period.

Students who have completed high school calculus but are concerned about their readiness to succeed in college-level mathematics and science courses are encouraged to take the ALEKS Math Assessment. They can use the additional information to make informed decisions in consultation with an academic adviser.

ACADEMIC OVERVIEW

The beauty of the Penn State system of Commonwealth Campuses is choice. Each campus offers both two and four-year programs. Students may also participate in the 2+2 plan, where they would spend the first two years at one campus and then transition to another Penn State campus to complete the remaining two years. Students have opportunities to explore and determine which campus and major best meets their needs. Students may choose to remain at their starting campus or complete their degree at another Penn State campus, including University Park. Factors that impact this decision may include the size of the campus, location, involvement opportunities, and housing options. Working with academic advisers, faculty, staff, and families, students can create a plan that works, in addition to academic considerations, seamlessly.

The Penn State Degree

The Penn State undergraduate degree includes General Education, major degree requirements, and other academic experiences such as minors, internships, and/or undergraduate research. All three components together help students develop a solid foundation upon which they build a breadth of skills as well as the depth of knowledge in a specific content area.

General Education Requirements

- > gened.psu.edu

Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts.

- *See PG 14 for the General Education Requirements chart and gendedplan.psu.edu*

Major Requirements

Requirements differ for each major and in each academic college. Generally, major requirements include prescribed courses that all students in the major take, additional courses that all students choose from a select list, and supporting courses the students choose based on individual interests and goals. Students are encouraged to work with an academic adviser to clearly understand the specific requirements of majors of interest. General Education requirements may be partially incorporated into the requirements of a program. In addition, Associate Degrees (AA or AS), Bachelor of Arts (BA) and Bachelor of Science (BS) degree requirements may differ. Students are encouraged to work with an academic adviser to identify which degree best meets their needs.

Other Requirements

Depending on the college and major, a degree program may also include world language proficiency, internship experience, human diversity courses, and/or electives.

Declaring a Major & Upper Division Campus Choice

The student's major choice often plays the most prominent role in determining the upper division campus. "Upper division" refers to the third and fourth years. Most students will apply to enter their major in the spring of the second year. Academic advisers and staff at each campus guide students in exploring majors based on the student's goals and then plan the final two years at a campus where that major can be completed.

Students first become eligible to declare a major upon completion of at least 27.1 credits (typically at the end of two semesters) and achieving a minimum cumulative grade point average of a 2.00 and third-semester standing for entrance. While many majors can be started and completed at the original campus, others require the student to transition to another Commonwealth Campus or to the University Park campus. Therefore, the student's major decision may drive the upper division campus choice. Learn more at changeofcampus.psu.edu.

At the time a student has successfully completed 43.1 credits (typically at the end of their third semester) the student is eligible for a change of campus for their third year as determined by the major choice. Students will be notified by email when to both declare their major and initiate the change of campus as appropriate.

ACADEMIC OVERVIEW

Administrative Enrollment Controls

- > [bulletins.psu.edu/admin-enroll-controls](#)
- To be eligible for entrance to majors with administrative enrollment controls, students must be enrolled in the college offering the major or in the Division of Undergraduate Studies, be within a designated credit window, have completed the required prerequisite courses, and have the minimum CGPA required for the intended major. Additional requirements may also apply. Students are strongly encouraged to work closely with an academic adviser and to review the specific entrance criteria for intended majors at [bulletins.psu.edu](#).
- Policy P-5: Administrative Enrollment Controls for Undergraduate Majors can be viewed at [undergrad.psu.edu/aappm](#) by searching P-5*

Dean's List

- > [undergrad.psu.edu/aappm](#)
- In recognition of academic excellence, selected students are named to the Dean's List (policy G-8) each semester.
- Undergraduate students only (includes nondegree, degree-seeking provisional and degree)*
 - Credit load requirement (see policy G-8)*
 - Semester GPA of 3.50 or higher*
 - Satisfactory/unsatisfactory and audit courses are not included in the determination of GPA or credit load*

Dean's List notation will appear on the student's grade report and on the student's academic record.

GENERAL EDUCATION REQUIREMENTS

Foundations: Build a basis of effective communication and quantitative literacy	
Credits	Requirements
<ul style="list-style-type: none">6 units of Quantification (GQ)9 units of Writing and Speaking (GWS)	<ul style="list-style-type: none">C or better requiredSingle domain courses only
Breadth: Practice applying a specific way of constructing knowledge to examine a topic	
Credits	Requirements
<ul style="list-style-type: none">3 units of Arts (GA)3 units of Humanities (GH)3 units of Natural Sciences (GN)3 units of Social and Behavioral Sciences (GS)3 units of Health and Wellness (GHW)	<ul style="list-style-type: none">Single domain courses onlyStudents choose courses outside their initial major prefix for GA, GN, GH, GS<ul style="list-style-type: none"><i>Example: ECON major may not select ECON courses; does not apply to GHW</i>
Integrative Studies: Practice synthesizing knowledge from different perspectives to examine a topic	
Credits	Requirements
<ul style="list-style-type: none">6 units of Integrative Studies: Inter-domain (Inter-D)	<ul style="list-style-type: none">Select any two Inter-D courses that are not used for major program requirements
Exploration: Follow intellectual curiosity to deepen or widen learning	
Credits	Requirements
<ul style="list-style-type: none">6 units of additional GA, GH, GN, GS, and Inter-domain courses and up to 3 units of World Language. Must include 3 units of GN course which may be Inter-domain.	<ul style="list-style-type: none">Students choose courses outside their initial major prefix for GA, GN, GH, GSThis category may be reduced to reflect courses prescribed by major programs. See details of intended major.World Languages course at the 12th credit level of proficiency and beyond that exceed the studen'ts minimum degree requirements.

ACADEMIC ADVISING

- > [advising.psu.edu](#)
- Penn State students receive academic advising from primary-role and/or faculty advisers. Students can find their assigned adviser's contact information in Starfish, the University's oline advising platform, at [starfish.psu.edu](#).
- An academic adviser will be assigned between the student's orientation and the start of classes. If a student does not yet have an assigned adviser, they should contact the advising center for the college in which they are enrolled for advising-related questions.
- The list of advising centers can be found at [dus.psu.edu/advising-centers](#).
- Academic adviser relationships at Penn State are initiated by students. Students are encouraged to meet with their adviser at least once a semester and as often as needed to successfully plan and manage their academic goals. Students are encouraged to build a relationship with their assigned adviser to help them be intentional about the educational opportunities available.
- Academic advisers are prepared to:
- Help students identify and achieve academic goals*
 - Promote intellectual discovery*
 - Encourage students to engage in both in- and out-of-class educational opportunities*
 - Encourage students to become self-directed learners and decision makers*
- Academic Integrity
- > [undergrad.psu.edu/aappm/G-9-academic-integrity](#)
- Penn State expects students to pursue their academics in an honest and ethical manner. The University takes violations of academic integrity very seriously. Please refer to PG 33 for more information.

Syllabus

A syllabus is a document that summarizes course expectations and should be shared by the instructor on or before the first class meeting. In addition to describing the course and listing goals and objectives, syllabi include information about course grading, exams, attendance expectations and policy, course instructors, and required materials for the class. The syllabus should also state information related to instructions for campus closures, academic integrity, procedures for adjustments identified by the Office of Student Disability Resources, educational equity concerns, and available counseling and psychological services. Students are responsible for reading and understanding the syllabus for each class. Any questions a student has regarding the syllabus should be asked early in the semester so that they have a clear understanding of what is expected in the course by the faculty member. Complete information on the Senate Policy on Syllabi can be found in Senate Policy 43-00 at [policy.psu.edu](#).

Transferring Credit to Penn State

A student who does advanced work in secondary school may earn credit through the Advanced Placement (AP) or International Baccalaureate (IB) exams, which are based on college-level study, depending on the grade earned on the exam and the level of the exam taken. A-Level exams completed by international students may also be considered for credit. Penn State students may also transfer credits from courses taken at another higher education institution in order to meet degree requirements.

The online transfer credit tool can be used to search for courses at other institutions. Credit can also be awarded for non-academic training through prior learning assessment. Visit [admissions.psu.edu/info/future/transfer/credit](#).

When awarded, all transfer credits are recorded on the student's transcript, but no grade is recorded, and the student's grade-point average is not affected. Students shoud speak with a college adviser regarding the ability to transfer course credit toward their intended degree. Additionally, because there is a lower- and upper-division tuition differential, students should contact the Office of the Bursar (PG 19) for help in determining the potential impact of transfer credits on their tuition.

GRADES & GPA EQUIVALENTS

Quality of Performance	Grade	GPA Equivalent
Excellent: Exceptional Achievement	A	4.00
	A-	3.67
	B+	3.33
Good: Extensive Achievement	B	3.00
	B-	2.67
	C+	2.33
Satisfactory: Acceptable Achievement	C	2.00
	D	1.00
Poor: Minimal Achieve-ment	F	0.00
Failure: Inadequate Achievement	XF	0.00
Academic Dishonesty		

Items to Know

- SGPA** = Semester Grade-Point Average*
 - CGPA** = Cumulative Grade-Point Average*
 - Dean's List** = 3.50 SGPA*
 - Minimum Acceptable** = 2.00 CGPA*
- Minimal competitive CGPA at application:**
- Undergraduate Internships = 3.00*
 - Medical School = 3.50*
 - Law School = 3.33*

For more information about medical school or other health professions contact the Eberly College of Science at [science.psu.edu/premed](#).

For more information about law school contact the Division of Undergraduate Studies at [dus.psu.edu/prelaw](#).

DIVISION OF UNDERGRADUATE STUDIES

- > [dus.psu.edu](#)
- The Division of Undergraduate Studies (DUS) enrolls and advises students who are exploring majors in multiple academic colleges. Students choosing from more than one possible major may start in the division and, after exploring and selecting a major/college and meeting eligibility requirements, move into an academic college within their first two years.



ACADEMIC RESOURCES

Academic Support Center

- > [717-749-6046](tel:717-749-6046)
- > [Schedule appointments: psu.mywconline.com](#)

The Academic Support Center provides no-cost, instructor-approved tutoring and workshops to currently enrolled undergraduate students. Both professional and peer tutors are available. Peer tutors are students who have recently taken many of the courses they tutor and who are well-equipped to help their peers. At the Academic Support Center, students may:

- Drop in or make an appointment to see a math, writing, or STEM tutor
- Schedule appointments for a variety of peer tutors specializing in chemistry, anatomy and physiology, physics, and more
- Participate in interactive face-to-face workshops in the areas of time management, study strategies, college reading, procrastination prevention, among others
- Apply to be a tutor in subjects in which they excel
- Find a comfortable place to study, use a campus computer, print in color, or simply hang out in between their classes

Academic Advocacy

- > [717-749-6024](tel:717-749-6024)
- > [Schedule appointments: psu.mywconline.com](#)

The Academic Advocacy office supports students on the pathway to achieving their academic goals. Earning a college degree is a personal journey, but Penn State undergraduate students do not have to navigate the challenges of college alone. The Academic Advocacy office monitors the academic success and risk-factors of first-year baccalaureate students by providing ongoing outreach and peer advocate support and assists all undergraduates with academic policy support, such as: academic warning, petitions, and academic integrity. The Academic Advocacy office also specializes in support services and an annual celebration for First-Generation undergraduate students.

Student Disability Resources

- > [102A General Studies Building](#)
- > [717-749-6045](tel:717-749-6045)
- > equity.psu.edu/sdr

Student Disability Resources (SDR) promotes a welcoming and inclusive environment for students with disabilities. The SDR staff determine reasonable accommodations to ensure equal access to academics and university life. Examples of accommodations may include extended

time for tests, “read aloud” software, sign language interpreting, captioning, and note-taking help. In addition to accommodations, SDR offers academic coaching on time management and organization, connections to on and off-campus resources, and student community/lounge space for studying or peer fellowship and support opportunities.

Undergraduate Research Mentoring

- > [717-749-6051](tel:717-749-6051)
- > montalto.psu.edu/academics/festival

The Undergraduate Research Mentoring Office aspires to enrich the educational experiences of Penn State undergraduates by promoting awareness and understanding of research and fellowship opportunities. Many faculty at Penn State Mont Alto are engaged in research and have openings for both paid and unpaid research assistants. Additionally, student research is presented each year at our annual Academic Festival. Students interested in research can reach out to faculty members directly or contact Michael Doncheski, Director of Academic Affairs.

ACADEMIC RESOURCES

Honors Program

- > [717-749-6029](tel:717-749-6029)
- > montalto.psu.edu/honors

The Honors program at Mont Alto is part of the Penn State honors tradition that includes Schreyer Honors College at University Park. Our program is designed for students who are excited about learning, who value academic excellence, and who wish to challenge themselves to become citizens of the world. Note that the Honors program should not be a stressful addition to college, but instead a supportive community of enthusiastic students and faculty.

Honors students:

- Take an Honors first-year seminar as part of an honors cohort with other incoming honors students pursuing a variety of majors.
- Have the opportunity to enroll in a one-credit honors seminar each semester after the first. Honors seminars explore special topics outside of the usual curriculum and are taught by Mont Alto honors faculty.
- Complete at least one honors class or honors option per semester. Honors options allow students to work one-on-one with a faculty member to go beyond the usual coursework in their regular classes, making any class into an honors class for that student. An Honors option should not add significantly to a student's course load.
- Have the opportunity to go on honors program trips each semester and to meet speakers who come to campus.
- Participate in Food for Thought, our lunchtime discussion series, and the monthly Campus Symposium.
- Receive priority scheduling during the registration period for classes each semester.
- Have access to the Honors Suite in Wiestling Hall.
- Learn, grow, change, and generally become more mature and sophisticated thinkers!

Admission to the Honors program for incoming students is by application, which can be found on our website, montalto.psu.edu/honors. Current students may apply to the Honors program by getting a referral from a professor and interviewing with an Honors faculty member. Any student may apply to the Honors program.

Questions about the Mont Alto Honors Program should be directed to Kira Hamman, Program Coordinator, at khh11@psu.edu or 717-749-6029.

University Libraries

- > [717-749-6040](tel:717-749-6040)
- > libraries.psu.edu

The Mont Alto Campus Library team is ready to assist students with their research and information needs and works closely with our faculty to support student success. The library is also a student workspace that provides group and individual study rooms and computers.

Penn State is consistently ranked among the top academic research libraries in North America. At Penn State Mont Alto our students, faculty, and staff have access to tremendous resources including millions of books and e-books, hundreds of specialized research databases, and Penn State research librarians with expertise in many different subject areas.

For information on Mont Alto Campus Library, including staff, hours, and multimedia classrooms, visit montalto.psu.edu/academics/library-mont-alto.

Penn State Bookstore

- > [717-749-6197](tel:717-749-6197)
- > psu.bncollege.com
- > sstine@bncollege.com

The Penn State Bookstore provides textbooks and school supplies for all courses offered by Penn State. In addition, the bookstore has a wonderful selection of school spirit clothing and gifts, a Graduation Zone, and a student study space. Student charge accounts are open for Fall '23 course materials.

Penn State Mont Alto Veterans Affairs

- > [209 Conklin](tel:209-Conklin)
- > [717-749-6094](tel:717-749-6094)
- > montalto.psu.edu/veterans

Penn State Mont Alto Veterans Affairs offers personalized service for military-connected students, including Department of Veterans Affairs (DVA) benefits recipients. There are two school certifying officials available to assist you with any questions or concerns. Penn State Mont Alto typically employs two military-connected students during the academic year who work part-time under the provisions of DVA work-study. The staff and students provide services in three major areas: programming and outreach, educational benefits certification, and general counseling.



- > Tuition
- > Student Aid
- > Student Records and Privacy
- > LionPATH
- > ID+ Card
- > Technology

TUITION

Office of the Bursar

- > [101G Conklin](#)
- > [717-749-6180](#)
- > [bursar.psu.edu](#)

The Office of the Bursar is responsible for maintaining student accounts in reference to acceptance fees, tuition billing, charges, payments, and refunds.

Tuition Statement

Account statements are prepared every month. The due date is indicated on the statement. Billing begins in early August for the fall semester, early January for the spring semester, and May for the summer semester.

Students will receive notification via their Penn State email account* when their statement is available to view/pay in LionPATH. Residence hall charges are included on the statement, if applicable. Paper statements are NOT mailed.

**The Office of the Bursar, as well as other Penn State departments, will communicate important information to students through their Penn State email account. Students should regularly monitor their PSU email account.*

Financial Responsibility Agreement

Students must sign a Financial Responsibility Agreement (FRA) before enrolling in classes each semester. The FRA is a student’s promise to take responsibility for payment of their account.

Paying Tuition

The eCheck option is a fast and convenient online method to pay the tuition statement directly from a personal checking account drawn on a U.S. bank. There is no charge to pay by eCheck. Online credit card payments (Visa, MasterCard, Discover, or American Express) are also accepted. A service fee will be charged for credit card payments. eCheck and credit card payments are posted to the student account immediately.

If you want to mail a check, a payment stub should be printed and mailed with the payment to Penn State. Please allow seven to ten business days for the payment to be received and posted to the student account. A late fee applies if payment is not posted to the student’s account by the due date indicated on the statement.

Payment Plans

Penn State offers an Installment Payment Plan every semester. Enrollment in the plan allows students/authorized payers to pay the semester charges (tuition, fees, and room and meals, if applicable) over four months in the fall and spring semesters, and three months in the summer. There is a \$45 non-refundable enrollment fee per semester, which covers administrative costs. The payments can be made with eCheck or credit card (Visa, MasterCard, Discover, or American Express).

The link to enroll online in the payment plan is available on the student account once the first billing statement for the semester is issued. Students/authorized payers can enroll in the plan online with 1/4 of the balance for fall and spring or 1/3 for summer. Enrolling after the first installment due date will require an initial payment of 1/2 of the balance for fall and spring or 2/3 of the balance for summer (subject to change). Please check the Bursar’s website for actual installment dates.

Additional Student Aid

The Anticipated Financial Aid section on a student’s tuition statement reflects the most current known available financial aid. Students with scholarships, grants, or loans that are not reflected on their statement should contact the Office of Student Aid (PG 20).

Outside Scholarship Information

Many students will receive scholarships from various organizations, agencies, and foundations as they graduate from high school. For your student’s tuition statement to reflect these outside awards, it is important to send the scholarship checks as early as possible to the address below. Checks must be made payable to Penn State and the student (and be signed by the student for processing) or just made payable to Penn State. Please include the student’s PSU ID in the memo line.

- > [Office of the Bursar](#)
[Attn: External Awards](#)
[1 Campus Drive](#)
[Mont Alto, PA 17237](#)

eRefund

A refund will be issued if there is a credit balance on the student account. eRefund is an electronic deposit of a refund into the student’s bank account and the fastest and most convenient delivery of refunds to students. eRefund is only available to students. Parents receive Parent PLUS loan refunds by paper check.

Tuition Assessment and Planning

- > [tuition.psu.edu](#)

Penn State assesses tuition based on the student’s campus, college, major, residency classification, credit load, and semester classification. Once an undergraduate student completes 59.1 or more total credits (which include credits earned through advanced placement or transferred from another institution), the student is considered to have obtained Junior/Senior (third/fourth year) status at Penn State. The Board of Trustees approves the tuition and fees for the academic year in mid-July each year.

By law, Penn State representatives can only respond or speak about the student account with the student and individuals designated as an Authorized Payer by the student. Be sure to ask your student to share any pertinent student account information with you or grant you Authorized Payer access to their student account in LionPATH. Learn more about FERPA and student confidentiality on PG 21.

- > *Remind your student to:*
 - > [Sign up for eRefunds \(direct deposit\)](#)
 - > [Grant online Authorized Payer Access for parents/others \(optional\) \(PG 22\)](#)
 - > [Grant online Delegated Access for parents/others \(optional\) \(PG 22\)](#)

Office of Student Aid

> studentaid.psu.edu

The Office of Student Aid administers major types of federal, state, and University financial aid and coordinates multiple funding sources on behalf of sponsoring agencies. The primary sources of student aid funding at Penn State come from federal and state programs.

Applying for Aid

> studentaid.gov

You and your student must complete the Free Application for Federal Student Aid (FAFSA) each academic year for your student to be considered for financial aid, including grants, scholarships, loans, and work-study. The FAFSA is the ONLY application required to be considered for most need-based aid at Penn State. Complete the FAFSA or submit corrections online at studentaid.gov.

Students need to submit the 2023-2024 FAFSA to be considered for aid for fall 2023, spring 2024, and summer 2024. Students who are admitted for summer 2023 also need to submit the 2022-2023 FAFSA by June 30, 2023, if they wish to be considered for aid for summer 2023.

Student Aid Notification

Students who submit the FAFSA will receive an email notification from our office with information about the types of aid they are eligible to receive.

Federal Direct Subsidized and Unsubsidized Loan

To receive Federal Direct Loans, your student must:

- *Submit the FAFSA at studentaid.gov*
- *Accept the loan in LionPATH*
- *Sign a Direct Loan Master Promissory Note (MPN) at studentaid.gov*
- *Complete Entrance Counseling at studentaid.gov*

After all the steps above have been completed, the Federal Direct Loan will appear as a credit on the student’s bill.

Federal Direct Parent PLUS Loan

The financial aid listed on the Award Summary in LionPATH may not cover all educational costs. As a parent, you may apply for a Federal Direct Parent PLUS Loan. This is a federal loan available only to parents/stepparents of dependent undergraduate students.

Private Alternative Loans

If the PLUS loan is not an option for you, your student can seek additional funding from private alternative loans, which typically require a cosigner.

Scholarships

> scholarships.psu.edu/types-of-aid
scholarships/academic-colleges

All admitted students who submit the FAFSA to Penn State are considered for scholarships awarded by the Office of Student Aid. If your student was awarded a scholarship from the Office of Student Aid, it will be listed on the Award Summary in LionPATH. Some academic colleges, campuses, and administrative units require separate applications.

> *Students should check Penn State email frequently. The Office of Student Aid communicates with students through their Penn State email account. They will also be able to access their student aid information in LionPATH. Be sure to ask your student to share any pertinent student aid information with you or grant you delegated access to their Award Summary in LionPATH.*

Work Study

> hr.psu.edu/careers

All students who submit the FAFSA to Penn State by December 1 and answer “yes” to the federal work study question on the FAFSA are considered for work study. If your student was awarded work study, it will be listed on the Award Summary in LionPATH.

If your student did not receive work-study, there are many employment opportunities available on campus. For more information visit studentaid.psu.edu/types-of-aid/employment/other.

Rights and Responsibilities of a Financial Aid Recipient

As a financial aid recipient, your student must be well informed about their rights and responsibilities. Be sure that your student carefully reviews this important information on our website and understands Penn State’s Satisfactory Academic Progress Standard and what is required of students to remain eligible for student aid.

FAFSA Verification

The Office of Student Aid is required by the federal government to confirm the accuracy of the information submitted on the FAFSA, a process known as verification. If students are selected for verification by Penn State, they will be notified by the Office of Student Aid. This notification will include the specific information needed and a due date. Please respond promptly to any requests from the Office of Student Aid for verification documents to avoid a delay in the processing of student aid. Please do not submit any documents unless you or your student receives a request.

STUDENT RECORDS AND PRIVACY

Office of the University Registrar

> registrar.psu.edu

The Office of the University Registrar is responsible for student academic records and related processes, including registration, academic transcripts, confidentiality of student records, grade reporting, graduation, diplomas, enrollment verification, and degree audits. Our goal is to provide students with accurate and complete information in an expedited and efficient manner.

Student Educational Records

The Federal Family Educational Rights and Privacy Act of 1974, FERPA (also known as the Buckley Amendment), is the federal law that protects the privacy of student education records and identifies the rights with respect to student education records kept by institutions.

Penn State is committed to maintaining the privacy and confidentiality of the student’s Social Security number. The primary student identification number used to conduct University business is the Penn State ID number (known as PSU ID).

Student Rights Under FERPA

Under FERPA, institutions may not release education records, except under certain circumstances, without written consent from the student. This regulation does not apply to information that the University has identified as directory information (e.g. name, address, phone number, major) unless the student has blocked disclosure of such information. The primary rights of students under FERPA include the rights to:

- *Have some control over the disclosure of information from their education records*
- *Inspect and review their educational records*
- *Request the amendment of inaccurate or otherwise inappropriate education records*

To view a comprehensive list of directory information, visit registrar.psu.edu/confidentiality/directory-information.cfm.

Parent and Family Rights Under FERPA

When a student reaches the age of 18 or begins attending a postsecondary institution, regardless of age, FERPA rights transfer from the parent or guardian to the student. This means that you may not obtain your student’s education records (including end of semester grades) without the written consent of your student. Parents may, with the student’s permission, access their student’s grades and other portions of their student’s education record online through Delegated Access (PG 22) in LionPATH.

Withhold Directory Information

Under FERPA, an institution is permitted to release directory information without written consent from the student. However, a student has the right to prevent this release in one of two ways. The student must complete and sign the Request to Withhold Directory Information form found on the Registrar’s website under Student Forms. The signed form must be taken in person or mailed along with a copy of photo identification to the Registrar’s office. Students with access to LionPATH may complete the request in the following ways:

- *Complete and submit the Change Directory Info (FERPA) form in LionPATH*
- *Upload a clear and valid photo identification to your request*
- *An email notification will be sent to your student’s official Penn State email account when the withholding of directory information is in effect*

Withholding directory information means:

- *Student name/address is excluded from the online directory*
- *Student name will not appear in the commencement program*
- *Verification of enrollment, graduation or degrees awarded will not be provided to third parties, including potential employers*
- *No information about the student will be released to any person (including the student) on the telephone or via email*

Release Directory Information

If a student later wishes to remove the directory hold, the student must complete and sign the Request to Release Directory Information form found on the Registrar’s website under Student Forms. The signed form may be taken in person or mailed along with a copy of photo identification to the Office of the Registrar.

Enrollment Verification

Insurance companies, financial lenders, or employers may require proof that a student was or is currently enrolled at Penn State. Enrollment verification provides proof of enrollment, graduation, student status, and other related information.

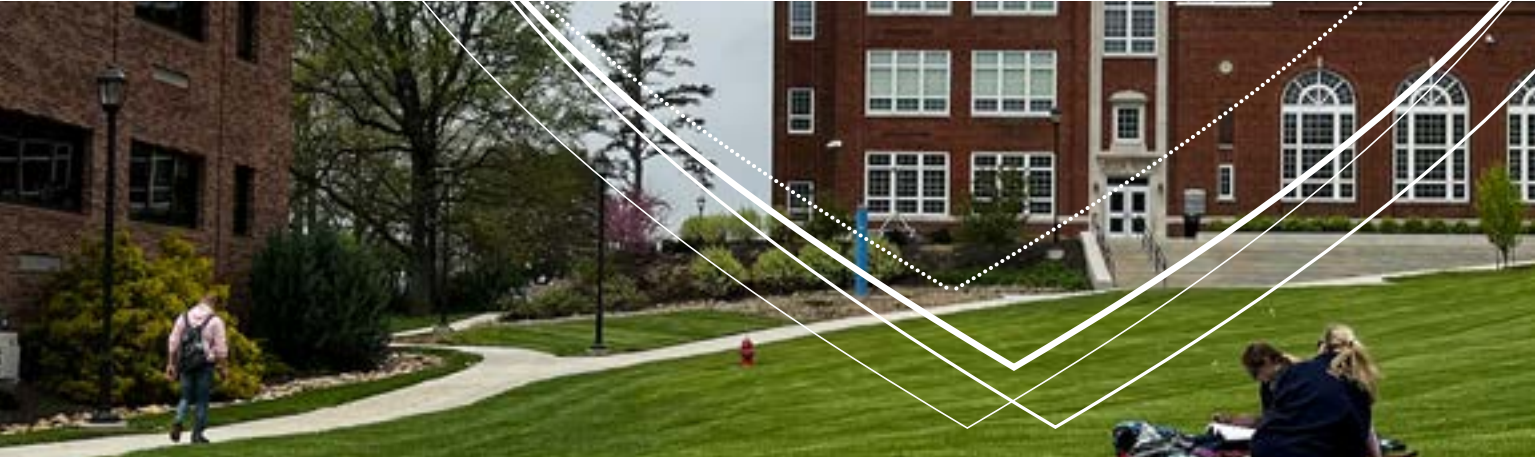
Currently, enrolled students may use the Enrollment Verification under Academic Records in LionPATH Self Service. The student may print an unofficial copy and mail it to the requesting agency, or they may request an official verification, containing the University Registrar’s signature and University seal on security paper, to be mailed to the specified address via first-class U.S. mail within three business days. This function is also available to families through the LionPATH Self Service if their student has granted them Delegated Access.

Because of the volume of requests received, the Registrar is unable to complete agency-supplied verification forms. The official University enrollment verification document can be attached to the original agency-supplied form.

All other parties may contact the National Student Clearinghouse for verification of students’ enrollment and degree information at studentclearinghouse.com.

Leaving the University

Students should carefully consider all the consequences to leaving Penn State before they complete the process. Students should meet with their academic adviser or registrar’s office before making a final decision. There are ramifications for financial aid, loan repayments and health insurance. In addition, there are processes that must be followed when a student determines that they are ready to return to the University. For information about leaving the University and proper processes, visit registrar.psu.edu/enrollment/leaving/index.cfm.





LIONPATH

> public.lionpath.psu.edu

LionPATH is Penn State's student information system. Students use LionPATH to enroll in classes, view financial aid, pay tuition, check grades, submit health insurance information, and more.

You can view your student's data--such as grades, financial aid, and class schedules--by using Delegated Access. In addition, you can pay tuition by using Authorized Payer Access. Delegated Access and Authorized Payer Access are two separate functions within LionPATH. For more information and to view tutorials, visit lionpathsupport.psu.edu/parent.

Using Delegated Access

For you to access student data in LionPATH, your student must first provide access to you.

Step One:

Provide your student with your email address to receive your activation email. This email will also serve as your login ID.

Step Two:

Once your student has given you access, you will receive an activation email that will contain a login ID, temporary password, and a link for you to log in and view those areas your student has shared.

Note: If you are a Penn State employee or student, the link to view shared information is a different URL than you may normally use to access LionPATH.

- For staff who are students AND use LionPATH in daily work, use lionpath.psu.edu
- For all staff who have been given Delegated Access by their student, use public.lionpath.psu.edu and click on the Delegated Access tab

Delegated Access for Multiple Students

If you have more than one student and both delegate access to you, use the same email address and password to access information shared by each student. The email initiated by the first student will include a temporary password. After you reset your password, emails sent from additional students will not contain a temporary password. When multiple students give you Delegated Access, each is listed when you login; however, you can only view one student's data at a time.

View and Pay Tuition Using Authorized Payer Access

Your student can give you access to view the Student Account Statement, make payments, enroll in the Installment Payment Plan, and access IRS Form 1098-T by using Authorized Payer Access. Your student grants you access through the student account in LionPATH. After access is granted, a login ID, temporary password, and login link will be sent to you via email.

Federal law prohibits Penn State representatives from corresponding or speaking about the student's account with anyone other than the student unless the student has designated the individual as an Authorized Payer.

Authorized Payer Access for Multiple Students

If you have more than one student at Penn State, regardless of campus, you can easily link your students' accounts. You will receive a separate user ID and temporary password for each student via email once the students grant you Authorized Payer Access.

How to Link Multiple Accounts

- Visit public.lionpath.psu.edu and click on the Authorized Payer Access tab.
- Use your Authorized Payer user ID and password you received via email. You must use the correct user ID and password when accessing each student's account and you must log in at least once to each account to be able to link student's accounts. Once the student accounts are linked you only need to log in to one of the student accounts.
- Navigate to the My Account section on the left side menu of the Student Account Dashboard to manage your account.
- To use Authorized Payer access for multiple students, click on the pencil icon next to the student's name on the Overview section on the left side menu.
- The student's page displays the name of the student you are currently viewing.
- If another student has given you access to view their account, and you have logged in at least once to that student's account, you will see that student's account listed as other students (click the View box to switch to the other student account).

> Access to view and pay tuition is provided when your student grants you Authorized Payer Access in LionPATH. Authorized Payer Access is separate and in addition to the Delegated Access that the student grants via LionPATH for academic information.

ID+ CARD

> idcard.psu.edu

id+ Card

Your student is required by University policy to obtain and carry the Penn State id+ card at all times. The id+ card is transferrable between Penn State campuses. The id+ card is a vital part of life at Penn State, providing easy access to University resources and services, such as library services, access to the residence halls, athletic events, and testing centers. The id+ card is also the mechanism used for accessing the Campus Meal Plan, LionCash, and (optional) PNC Bank accounts.

Replacing the id+ Card

If your student's id+ card or mobile device has been lost or stolen, your student should immediately deactivate it online. If the card is found before a replacement id+ card is issued, it may be reactivated online within seven days of being deactivated. For IDs not recovered, a new id+ card may be obtained at the current replacement fee.

The PNC Bank relationship benefits students and the University. The University receives financial support from its relationship with PNC Bank. Annual financial support from PNC Bank helps to support operating expenses for the id+ card program as well as other University services. Please direct questions about the University's relationship with PNC Bank to the id+ Office. Linking your id+ card to your PNC Bank accounts enables you to use your id+ card in ATMs only. Your PNC Bank account is a separate account from the Campus Meal Plan and LionCash+ accounts. Virtual Wallet is a registered trademark of The PNC Financial Services Group, Inc. ©2022 The PNC Financial Services Group, Inc. All rights reserved. PNC Bank, National Association. Member FDIC.

LionCash

> idcard.psu.edu/lioncash

LionCash is Penn State's prepaid spending account. It is a safe and easy way for your student to make purchases in the Mill Café. In addition, LionCash is the only accepted payment method for on-campus laundry facilities. To activate your student's LionCash account, simply make an initial deposit online or at the Housing and Food Services Office (located in the Mill Café.) There are no fees to use the account and balances carry over from semester to semester and from year to year. Upon graduation, withdrawal, or at the end of the spring semester, your student may request a refund for the balance remaining in their account (less a \$10.00 processing fee).

LionCash Deposits

> idonline.psu.edu

Family and friends may deposit funds into a student's LionCash account online at idcard.psu.edu with a MasterCard or Visa card. Deposits are processed as a standard purchase, not a cash advance, and are processed in real-time so funds are immediately available. Access to deposit LionCash is also available on the Penn State Go app.

Your student can manage LionCash and Campus Meal Plan online. Your student can check account balances, review and email transaction history, and deactivate a lost or stolen id+ card, and change their Campus Meal Plan level. Students may also subscribe to our monthly LionCash newsletter, which provides updates on new program features, new merchant locations, and special LionCash discounts. Students working on campus may also elect to sign up for payroll deductions into their LionCash account.

id+ Card and PNC Bank Accounts

> pnc.com/psu

With one ATM on campus, PNC makes banking easy for students. Through an exclusive banking partnership with PNC Bank, your student may link a PNC checking account to the id+ card so the id+ card can be used to get cash. Your student will have free access to their account at more than 7,100 PNC Bank ATMs, online and text message banking, and account alerts that help them keep track of their checking balance.

One Card Access

The Campus Meal Plan, LionCash, and PNC Bank accounts can be accessed using the id+ card even though they are three separate accounts. The technology eliminates the need for your student to carry multiple cards on campus by using one card to access multiple accounts.

- If your student uses the id+ card to make purchases at the Mill Café, the funds will be deducted from the Campus Meal Plan account.
- If your student uses the id+ card at the Mill Café or for laundry, the funds will be deducted from the LionCash account.
- If your student uses the id+ card in an ATM to withdraw or deposit money, the transaction will be deducted from the student's PNC account.

Mobile Id+ Card

Penn State students can access University resources through a mobile id+ card as well. Once added to their iPhone, Apple Watch or Android device the mobile id+ card can be used to access campus housing facilities, securely make transactions to purchase meals in the Mill Café and use LionCash anywhere it is accepted, such as to pay for on-campus laundry. Learn more about the mobile id+ card at idcard.psu.edu/mobile.



Penn State IT

- > it.psu.edu
- > **Help Desk:** helpdesk@ma.psu.edu
- > **717-749-6300**

The Penn State IT Service Desk provides 24/7 assistance through an extensive online knowledge base, live chat, phone, online request form, or email. Additional IT support information is available at help.psu.edu.

Student Technology Guide

- > connecttotech.psu.edu

This comprehensive guide introduces students to the University’s most important Information Technology (IT) resources, such as account management, essential IT tools for learning, technology tutoring, where to store their files, and where to get help creating multimedia projects.

Penn State Accounts

- > accounts.psu.edu

A student’s Penn State Account user ID (e.g., xyz5000) is their digital identity at the University that provides access to secure online resources and services to which they have been granted access. Students are automatically assigned a Penn State user ID when they apply for admission online.

Students will log in to secure University resources and applications such as lab computers, Penn State’s wireless network, Canvas, and LionPATH by entering their Penn State user ID followed by @psu.edu (e.g., xyz5000@psu.edu). Students will use their Penn State Account user ID and password to log in to secure University’s sites and services for as long as they’re affiliated with Penn State.

Settings within the Penn State Account, like passwords and personal information, can be changed or updated through the Account Management website. The Penn State Account user ID and password should not be confused with the student’s unique nine-digit PSU ID number (e.g., 912345678) that is part of their id+ card.

Wireless Access

- > wireless.psu.edu

Wireless is available in most buildings on campus, housing commons buildings, and residence halls. For more information on how to connect to the Penn State IT-provided wireless networks visit wireless.psu.edu.

Protecting Your Student's Identity and Data

- > security.psu.edu/education-training

Penn State takes the security and privacy of your student’s personal information seriously. Penn State IT uses robust processes and technologies to safeguard its data and systems to ensure they can only be accessed by authorized users. Students are required to enroll in multifactor authentication (MFA) to help protect their personal information, as well as sensitive and confidential Penn State resources and data. The University also provides information to students on how to protect themselves from phishing attacks, viruses, spyware, ransomware, identity and data theft, and other forms of cyberattacks.

Software at Penn State

- > software.psu.edu

Software at Penn State provides students access to many software applications at discounted prices, including some at no cost such as Microsoft Office 365 and Adobe Creative Cloud. Discipline-specific apps such as Matlab, SAS, EndNote, SPSS, Qualtrics, and Esri are also available.

Penn State Student Systems

These Penn State systems are frequently used by Penn State students to navigate life on campus.

Canvas

Penn State’s online system for teaching and learning where students and professors can upload course materials and conduct online discussions

eLiving

On-campus housing portal, including roommate assignments and housing lottery process

LionPATH

Student information system to register for classes, check end of semester grades, and pay bills

Penn State Go

The official and all-in-one mobile app available to download in the Google Play Store and Apple App store

Starfish

Communication portal that gives students centralized access to advisers, instructors, and others who provide academic support



CAMPUS LIFE

- > Campus Life
- > Commitment to Diversity, Equity, Inclusion and Belonging
- > Student Care and Advocacy
- > Housing, Food Services and Residence Life
- > Arrival

CAMPUS LIFE

Student Affairs

- > [207 Conklin](#)
- > [717-749-6156](#)
- > montalto.psu.edu/student-life/student-affairs
- > mastudentaffairs.psu.edu

Student Affairs provides programs and services to promote the intellectual and personal development of students throughout their college careers. These offerings challenge and support Penn State students as they become active and responsible members of their communities.

Student Care and Advocacy

- > [207 Conklin](#)
- > [717-749-6156](#)

Students may experience a variety of challenges during their college career. Student Care & Advocacy is a central location that coordinates efforts with campus partners to assist students who encounter challenges or concerns in achieving success at Penn State.

Student Care and Advocacy is committed to helping students facing unforeseen challenges navigate Penn State's structure in close and careful collaboration with campus and community partners. Our case managers welcome any opportunity to provide consultation and direct students to the resource best equipped to meet their needs.

No matter what the situation is, we are here to listen non-judgmentally, provide unconditional support, and equip students with the self-efficacy needed to be successful.

Basic Needs and Support

- > studentaffairs.psu.edu/basic-needs-support

Students can face financial challenges or unexpected life events during their college careers. Nationally and at Penn State, food and housing insecurity is an increasing concern for many college students. We are here to help provide the resources needed to thrive and succeed, so students can focus on their goals and making the most of their time at the University.

If your student is struggling to afford basic needs, such as food, housing, clothing, or other household items, we are here for them. If they need help — or if they are uncertain about their needs — encourage them to reach out to one of the many resources available on-campus or in the community.

Individuals have the opportunity to identify and confidentially report concerns related to student behavior as it relates to academic progress, wellness, safety, and/or other related issues. Co-Chairs of CARE Team will review incoming report submissions, share information with relevant CARE Team members, provide appropriate referrals and follow-up as needed.

COMMITMENT TO DIVERSITY, EQUITY, INCLUSION AND BELONGING

When a student feels safe and welcome, they can focus on learning, developing friendships, and growing personally. Student Affairs is dedicated to providing support and advocacy to help students, programming around diversity and inclusion, and spaces where all students can feel safe and included.

Student Affairs is committed to partnering with students, faculty, staff, alumni and the community to help students connect with the larger campus community, and to fostering student success. Our mission includes the development of a learning community that is committed to diversity,

inclusion, civil responsibility, and responsible global citizenship.

Students will demonstrate a foundational understanding of social justice, equity, inclusion and sense of belonging. Student Affairs will create experiences that allow students to develop an appreciation for the spectrum of human culture through immersion and educational discussions and connections.

Intentional spaces and programs on campus create an environment where people from traditionally marginalized communities feel welcome.

Respondent Support Services

- > [207 Conklin](#)
- > [717-749-6156](#)
- > studentaffairs.psu.edu/support-safety-conduct/respondent-support-services

The Office of Respondent Support (ORS) serves students facing any allegation of University Misconduct, helping students understand their rights and the allegations against them as well as assisting them in navigating whichever University legal process they may be facing. Students may request an advisor (usually a faculty or staff member they trust) to answer their questions, accompany them to meetings, assist them in reviewing reports, help them prepare for hearings, and provide emotional and processing support for them during the entire situation. Staff also play an active role in helping students process any outcomes from the proceedings and support them in either preparing an appeal or in making plans for their future.

CARE (Campus Assessment, Response, and Evaluation) Team

- > montalto.psu.edu/student-life/care

The main purpose of the CARE Team is to identify students of concern and intervene as early as possible. CARE Team uses a coordinated, team approach when empowering students to navigate unforeseen difficulties and suggests a course of action that considers the needs of the individual in the context of available resources. No matter the situation faced by the student, the team focuses on helping the whole person, knowing that difficult circumstances are often indicators of other challenges that the student may be facing. While the team supports students going through any issue, CARE Team has three primary pillars of care: Basic Needs, Respondent Support, and Care Coordination. Examples of situations with which the CARE Team can assist are academic distress, financial insecurity, housing/food insecurity, death of an immediate family member, family emergency/crisis, mental health concerns, medical emergency and/or hospitalization, long-term illness, being named in allegations of misconduct, navigating a university misconduct process, and/or unexpected events or challenges. The approach is one of empowerment, encouraging students to maximize their educational experience and prepare for involvement in the larger community and life beyond college.

Career Services

- > [207C Conklin](#)
- > [717-749-6104](#)
- > montalto.psu.edu/academics/careers

Students should be active in career planning to be successful after graduation. Career Services offers counseling, programs, and resources that can help. Professional staff counsel students on the exploration of academic majors and career options. Staff also coach students on gaining experience, writing resumes, interviewing, job searching, applying to graduate school, and more.

Wiestling Student Center

- > mastudentaffairs@psu.edu

The Wiestling Student Center (WSC) is committed to providing all students with opportunities to become engaged in high-quality cocurricular experiences. The WSC provides a variety of cultural, educational, social, and engaging programs for all students. Staff offices in the WSC offer assistance with recognizing and registering student organizations, offering experiences designed to help students develop their leadership potential, student employment opportunities, and planning programs that engage students in service-learning and/or activities designed for fun and relaxation. Other spaces in the WSC include an event area, a club room, the Interfaith Resource Room, computers and a printer, our Mont Alto Lion’s Pantry, the Student Government Association office, a collaboration room, a billiards room, a game room with a Nintendo switch system, multiple intimate study spaces, the Honors Lounge, a few other faculty and staff offices, and spaces for relaxation. The WSC strives to provide an environment that fosters respect, values all individuals, appreciates diversity and celebrates the contributions of all students and visitors.

Student Leadership Programs and Initiatives

Student Leadership programs and initiatives cultivate student learning by fostering exploration, community engagement, and development through educational and experiential opportunities. Students will gain the foundation for responsible and active citizenship through participation in leadership development that contributes to one’s ability to effectively lead change, resolve conflicts, and motivate others.

Student Affairs will provide a holistic approach in working with and empowering students personally, academically, and professionally, both inside and outside the classroom at Penn State Mont Alto and beyond via educational programs/workshops and discussions featuring off-campus subject matter experts, Student Affairs and student organization-initiated service activities, group dynamics

and effective teamwork and focused trainings, Leadership and self-awareness exercises and individual/group analysis of results.

Students can enhance their leadership skills; participate in community service programs; attend social and educational programs; or join a student organization by attending the Involvement Fair. Students may participate in other opportunities such as the Campus Activities Programming board, Student Government Association and the Student Fee Allocation Committee, as well as others.

The Lion’s Pantry

- > [1st Floor, Wiestling Student Center](#)
- > montalto.psu.edu/student-life/student-affairs/lions-pantry
- > lionspantryMA@psu.edu

Space for the Lion’s Pantry was officially dedicated to support Penn State Mont Alto students facing food insecurity. The pantry offers a safe, judgement free space where students can collect food, toiletries, and household items.

The Lion’s Pantry at Penn State Mont Alto accepts non-perishable, unopened and non-expired food and toiletry donations. Items can be dropped off in 207 Conklin during open hours, Monday through Friday, 8 a.m. to 5 p.m. Financial donations are also accepted. For more information on donating to the Lion’s Pantry, email lionspantryMA@psu.edu.

Campus Recreation Programming

Fitness and Wellbeing

The Fitness Center is available to all students, faculty, and staff. During the academic year the facility is open Monday-Friday 10 a.m. to 10 p.m., Saturday 12-4 p.m., and closed on Sunday. PSU ID cards are required to gain access to the Fitness Center.

Intramural and Club Sports

Intramural Sports offers a variety of team and individual sports, tournaments, and events for students of all abilities. Club Sports provide the opportunity to learn a new sport or continue playing one at a competitive level.

Outdoor Recreation Areas

A variety of outdoor recreation areas are available for use, including:

- Basketball Courts
Courts are located between the soccer field and sand volleyball courts
- Sand Volleyball
Courts are located adjacent to the commuter parking lot, next to the fire pit
- Tennis and Pickleball
Courts are located behind the MAC
- Turf Field
Field is located adjacent to the commuter parking lot, next to the sand volleyball courts

Facilities

Multipurpose Activities Center (MAC)

Within the MAC there are several spaces available for recreational activities, fitness, and group activities.

- Fitness Center
- Gymnasium
- Multi-Purpose Room (MPR)

Intercollegiate Athletics

- > psumontaltoathletics.com

Penn State Mont Alto, a member of the Penn State University Athletic Conference (PSUAC), offers nine men’s and women’s varsity sports. Sports are governed by the United States Collegiate Athletic Conference (USCAA). Teams are highly competitive both within the PSUAC and on the national level. Competitions are both home and away and our sports venues offer some of the best fields and arenas in the conference. There is currently no charge for admission to home athletic events. Intercollegiate athletic teams at Mont Alto include:

Fall

- Men’s and Women’s Golf
- Men’s Soccer
- Women’s Soccer
- Women’s Volleyball

Winter

- Men’s Basketball
- Women’s Basketball

Spring

- Baseball
- Softball

Blue and White Society

Penn State Alumni Association

- > bluewhitesociety.com

The Blue and White Society (BWS) is the student membership arm of the Penn State Alumni Association. BWS helps students find their pride and start their lifelong journey with the Penn State alumni family. Membership provides access to programs that help develop leadership, networking, and teamwork skills.

- > liveon.psu.edu

Housing, Food Services, and Residence Life are excited to have your student join our on-campus community.

The Housing, Food Services, and Residence Life staff is committed to providing your student with an environment that is safe, secure, comfortable, and conducive to academic, personal, and social development. We promote the concept of community, in which each student is responsible for respecting neighbors’ rights. Within the framework of rights and responsibilities, the individual’s right to choose their own lifestyle is supported.

Our housing professionals provide a clean, well-maintained environment for students safety and well-being. Housekeeping services are provided seven days a week for public areas of the residence halls, including bathrooms and lounges. Maintenance and repairs are completed in a timely fashion.

Dining facilities are staffed with food service professionals who provide a variety of healthy, great-tasting food choices, including traditional favorites, vegetarian items, and quick service selections.

Assistant directors and coordinators of Residence Life are full-time professional employees available to provide residents with assistance in the transition to on-campus living. Resident assistants (RAs) are student leaders specially trained to help with questions and help build a sense of community among residents.. RAs are available for information, assistance, programming, and other services.

Before Arrival

Visit our arrival website (arrival.psu.edu/Mont-Alto) or the Arrival event in the Penn State Go app (mobile.psu.edu) to get all the information you need for a successful arrival and move-in.

When will students find out where and with whom they will be living next year?

Room assignment information, including room address, roommate name, and roommate phone number will be posted on eLiving (eLiving.psu.edu) on Tuesday, July 25 at noon. For most assignments, students will have the opportunity from then until Friday, August 4 at noon to exchange room assignments with another student. To request a Direct Room Exchange, log on to eLiving and click “Room Exchange eBoard” under the “My Info” section.

Direct Room Exchanges will also be available after arrival, beginning noon Tuesday, Aug. 22 through noon Sept. 30.

How do students schedule their move-in date and time?

To shorten lines and spread out arrival traffic, students must sign up for a scheduled arrival time before they arrive. After viewing the room assignment, click “Schedule Move-in” under the “My Info” section in eLiving (eLiving.psu.edu). Students can modify their scheduled arrival time as needed until their scheduled arrival date.

Students should also check in via eLiving up to 24 hours before their scheduled arrival time to receive access to the building and see their mailbox information and other helpful details. Choose “Check-In” under the “My Info” section to complete this step. If students do not check-in, their ID card will not work and they will not be able to access their room.

What is available in student rooms?

Each student will have a twin-size bed, desk with lamp and chair, wardrobe, and chest of drawers. Beds are extra-long (80” x 36”). All rooms have a wastebasket and recycle bin, microwave/freezer/refrigerator unit, window blind, an overhead light, a mirror, and a smoke detector. Wi-Fi is available in all residence areas. View a layout of our student rooms at liveon.psu.edu/Mont-Alto/housing.

What items should students bring or not bring?

Students should bring sheets (extra-long twin), a mattress pad, pillows, towels, a blanket or bedspread, box fan, a computer, and other items that will help them feel at home. Penn Gate II residents should bring bathroom supplies, including toilet paper. Students should check with their roommate before arrival to decide who brings which shared items, such as a TV or gaming system. Do not bring unapproved furniture, pets, or small appliances. **Please refer to arrival.psu.edu/Mont-Alto for more information about what to bring and what to leave behind.**

What amenities are provided in the residence halls?

Residence halls feature laundry facilities, study and TV lounges, vending machines, and a full community kitchen in the lobby of Mont Alto Hall.

Mail service is provided in the Housing and Food Services office. Students will be notified through eLiving when their mail is ready to be picked up. Students can pick up packages by showing their Penn State id+ Card. Packages should not be shipped more than two weeks prior to the beginning of the semester. We recommend packages are insured and trackable to ensure proper delivery. All packages and deliveries should be addressed

- > arrival.psu.edu/fall/mont-alto

Learn about preparing for summer and fall arrival, including a list of items to bring, parking information, check-in locations, etc.

to the student’s official name using this campus address:

Student's Full Name

<Room#> < Building>

1 Campus Drive

Mont Alto PA 17237

Living On Campus

Is there security in the residence hall?

Both Mont Alto Hall and Penn Gate II are equipped with an electronic, computerized card-access system that utilizes your student’s physical or mobile id+ card (idcard.psu.edu/mobile-id-card) at interior and exterior doors. Only residents of the space can gain access by tapping their cards or mobile devices at the card reader at the entrance. The system is operational 24 hours a day, seven days a week. Guests of residents may enter the buildings only by accompanying the host resident or by calling the host resident, who must escort the guest to their room. Only the host resident or a staff member may open the entrance door for the guest and must always escort the guest throughout the hall.

All residence hall room doors lock automatically when closed. Students should keep their room doors closed when they are not in their rooms, even when making a short trip to the restroom.

Can students leave their belongings in their room between semesters and during breaks?

Students may leave their belongings in the room during fall break, semester break, and spring break, if they will be returning to the same room after the break. Students are encouraged to take home their valuables during those breaks. There is no storage available during summer session. The University recommends that students carry personal property insurance coverage for all their belongings, as the University is not responsible for lost, stolen, or damaged property. Before coming to campus, check to see if your family’s homeowner’s insurance policy covers students in residence halls. If your student is not covered, please consider purchasing renter’s insurance.

Residence Life

- > 717-749-6156
- > montalto.psu.edu/studentlife/residence-life

Residence Life is committed to providing a safe, comfortable, secure and nurturing living-learning environment that is conducive to students’ academic pursuits and personal growth while fostering a sense of community, civic responsibility, and appreciation of diversity. Research indicates that first-year students benefit from living in an environment designed with their needs in mind. Students are encouraged to get to know their Resident Assistant (RA), a student leader specially trained to help with questions and help build a sense of community among residents. In addition, full-time live-in professionals, Residence Life Coordinators, are available 24/7 to provide support and respond to crises.

Do staff members live in the residence hall?

Resident Assistants (RAs) and professional Residence Life Coordinators live on-site in the residence hall communities. An RA is an undergraduate student who has been carefully selected and specially trained to help your student transition to both the residence hall and the Penn State Mont Alto community. RAs are responsible for building community, providing programming, completing administrative tasks, and following guidelines set forth by the Department of Residence Life. Residence Life Coordinators are full-time

professional staff members trained in student development, community building, safety and security, student conduct, and emergency response. Coordinators supervise the RAs and are responsible for helping to create a positive community within the residence halls. A coordinator is available to assist students at any time of the day or night.

How will students get to know each other?

Students will begin to meet one another during New Student Orientation. After moving to campus, the first opportunity to meet floormates will be at the community floor meetings hosted by RAs. RAs will also plan a series of programs and activities throughout the semester that will give students a chance to get to know other individuals in the residence halls. Students should also plan to participate in Welcome Week programming (montalto.psu.edu/feature/new-student-welcome-week).

Are there any Residence Hall activities?

There are regular activities throughout the halls. A bi-weekly newsletter called “Stall Stories” is placed in restrooms and provides information about upcoming activities. RAs and coordinators communicate regularly with students via email. Also, students should check out bulletin boards in their building and various social media platforms.

What if my student has a roommate problem?

The first person students should talk with is their roommate, who may not even realize that there is a concern. If that approach does not work, students should go to their RA for assistance in identifying the best approach. The RA can also be helpful in facilitating a discussion between roommates.

Can students have guests in their room?

At the beginning of the semester, roommates should discuss their feelings about having guests in the room. Students are permitted to have guests in their room only if there is no objection from their roommate. Overnight guests can stay for a maximum of three consecutive nights. If there are any concerns about having guests in the room, it’s important to share those concerns with their roommate. It’s also a good idea to agree on times when guests will or will not be allowed in the room. Residents are not permitted to have overnight guests in the room prior to the first day of classes. Guests must be escorted at all times. The guest policy may be revised at any time if required by health and safety guidelines.

How can I send my student a special treat?

Housing and Food Services partners with the Penn State Bakery to offer cupcakes, cookies, and treats for holidays and special occasions. Visit pennstatebakery.com to place an order and send your student some love.

How does my student sign up to LiveOn at Mont Alto for 2024-2025?

Current students will have the opportunity to Request Housing for future years beginning in October. Log on to eLiving and choose “Request Housing” under the “Contracts” section. Visit liveon.psu.edu/Mont-Alto/request-housing for more information.

Eating On Campus

Where can students eat on campus?

The Mill Café is the food court at Penn State Mont Alto. The café offers an extensive menu, featuring grilled specialties, pasta, soups, subs, pizza, daily specials, Starbucks® beverages, and Penn State Bakery desserts as well as convenience and grab ‘n’ go items. Purchases made here with the Campus Meal Plan receive a 65% discount off the cash price for prepared food and beverage items. Retail items, such as prepackaged snack items and bottled beverages, do not receive a discount. Hours are listed at liveon.psu.edu/Mont-Alto/dining. Menus and nutritional information are available at menu.hfs.psu.edu. Download the Penn State Go app for mobile ordering and easy access to menus.

How can students keep track of Campus Meal Plan dining dollars they have left in their meal account?

It is important for students to keep track of their meal plan spending. The remaining balance of dining dollars is displayed at the register after each transaction and is also available at idcard.psu.edu. The Transact eAccounts online portal and mobile app lets students manage campus card accounts. With its online account management, students can add money to their accounts, view account activity, and manage their card.

What if a student runs out of meal plan dining dollars before the semester ends?

If a student is running low on dining dollars, it is recommended that funds be added to the LionCash account. Registers at The Mill Café will automatically check a student’s Campus Meal Plan account for funds. If there are not enough funds available, the system will then deduct from the LionCash account at the same optimal meal plan pricing. Adding funds to LionCash instead of the Campus Meal Plan eliminates the possibility of forfeiting any remaining dining dollars at the end of spring semester. Funds may be added to LionCash or Campus Meal plan online at idcard.psu.edu with MasterCard or Visa, at or in person at The Mill Café registers and Housing and Food Services Office.

What if students have extra leftover campus meal plan dining dollars at the end of the semester?

Any remaining dining dollars left over at the end of fall semester are automatically carried over to the spring semester plan so long as the student has purchased a Campus Meal Plan for spring. Any remaining dining dollars at the end of spring are forfeited. A different meal plan level may be selected for spring semester if there is a high balance, and levels can be adjusted up until the last day of final exams. Although the Campus Meal Plan has separate contracts for fall and spring, all students living in the residence halls are required to purchase the Campus Meal Plan for both semesters.

What should students do if they lose their physical id+ card or mobile credential device?

If a student’s physical id+ card or mobile device has been lost or stolen, they should immediately deactivate it online at idcard.psu.edu or in person at Housing and Food Services Office. Deactivating the card will suspend residence hall access and Campus Meal Plan and LionCash account access. If the card is found prior to a replacement id+ card being issued, it may be reactivated online within 7 days of being deactivated or at the Housing and Food Service Office. For IDs not recovered, a new id+ card may be obtained at the current replacement fee. New or replacement IDs will be active immediately for residence hall access and Campus Meal Plan and LionCash account access.



- > Student Rights and Responsibilities
- > Smart and Safe at State
- > Alcohol and Drug Laws
- > Campus Safety
- > Immunization and Insurance
- > Health & Safety



STUDENT RIGHTS AND RESPONSIBILITIES

Office of Student Accountability and Conflict Response

- > studentaffairs.psu.edu/student-accountability

The Office of Student Accountability and Conflict Response (OSACR) works to uphold community and university standards through compassionate interventions in which student are heard, respected, and treated with dignity. These students, including student organization leaders, have the developmental opportunity to participate in fair and impartial resolution processes which encourage personal accountability and responsible decision-making; promote reflection and restoration; and reduce and prevent behavior which undermines student success and community safety.

Student Code of Conduct

- > studentaffairs.psu.edu/student-accountability/code-procedures

OSACR is responsible for the oversight and implementation of the Student Code of Conduct and related written procedures. The Code outlines community standards for student behavior, both on- and off-campus, while the written procedures explain how alleged violations of the Code are managed within the Student Conduct process.

When a student or student organization is named in a report and/or participates in a resolution process, a record is created and maintained by OSACR. For more information regarding the maintenance and distribution of Conduct records visit studentaffairs.psu.edu/studentaccountability/resources-and-faqs/informationstudents-student-records.

In addition to managing formal allegations of misconduct, the OSACR also offers a wide-range of Adaptable Resolutions and Conflict Response options. For more information about these resolution option, visit studentaffairs.psu.edu/student-accountability/code-procedures/adaptable-resolutions.

Parent and Family Notification Policy

Under the Family Educational Rights and Privacy Act (FERPA), colleges and universities are afforded certain liberties relative to notifying parents or guardians of information concerning their student. In order to involve students' families in the total educational experience of the student and to facilitate communication between students and their parents/legal guardians. OSACR has established a notification and disclosure policy. The goals of this policy are:

- *To clarify when notification and/or disclosure may be appropriate.*
- *To partner with families in support of their student.*
- *To identify additional supportive points of intervention for students.*

When a dependent student accepts responsibility for a violation or is found in violation of the Code, a notification letter will typically be sent to their parent or guardian in the following circumstances:

- *There was a "Substance Use Misconduct" violation and the student is under 21.*
- *The Action Plan includes Suspension, Expulsion, and/or Loss of Housing (including those administrative sanctions issues in a conditional status).*

This letter summarizes the outcome of the process and lists the official University violation(s) and outcomes. It is recommended that the first response to receiving this letter is initiating a conversation with your student. Follow-up questions can then be directed to the case manager in OSACR.

Absent unusual circumstances which qualify as an exception to FERPA, the University does not notify parents and/or guardians of students who are not dependent students.

For more information regarding Parent and Family Notification and Disclosure visit studentaffairs.psu.edu/student-accountability/resources-and-faqs/information-families.

Pennsylvania's Antihazing Law

In 2018, Pennsylvania adopted the Timothy J. Piazza Antihazing Law which:

- *Establishes a tiered penalty with stricter punishments for hazing (including felony-level violations)*
- *Holds individuals and organizations accountable for hazing*
- *Requires schools to publish anti-hazing policies and publicly report hazing violations*
universityethics.psu.edu

To the extent possible, any student, organization, faculty or staff member, contractor, or volunteer of the University will be held accountable for hazing-related violations both by the University and by the appropriate law enforcement agency. Any allegations of hazing should be reported to the University's Office of Ethics and Compliance or the Office of Student Accountability and Conflict Response, in addition to the police.

The Timothy J. Piazza Antihazing Law, in addition to Pennsylvania's medical amnesty law, provide immunity from prosecution when a student seeks help for themselves or others who need medical attention. See PG 34 for more detail on when medical amnesty applies. Students who seek help may also avoid formal student conduct action under the Penn State Responsible Action Protocol. For more information regarding medical amnesty and the University's Responsible Action Protocol visit studentaffairs.psu.edu/health-wellness/alcoholamnesty.

Academic Integrity at Penn State

Academic integrity is a basic guiding principle for all academic activity at Penn State, and all members of the University community are expected to act in accordance with this principle. Academic misconduct includes, but is not limited to, copying, plagiarism, fabrication of information or citations, facilitation of acts of academic misconduct by others, unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor, and tampering with the academic work of other students.

Pennsylvania's Medical Amnesty Law

Pennsylvania law provides immunity from prosecution for underage drinking and/or hazing for an individual who seeks help for a friend who has a medical emergency due to underage alcohol consumption or hazing. The immunity also applies to the friend for whom medical assistance was sought. When a person is in violation of underage drinking or hazing laws and calls 911 to get help for a peer who needs immediate medical attention due to excessive alcohol consumption or hazing, the caller and the peer for whom assistance was sought will not be charged with underage drinking or hazing as long as:

- *The persons' phone call was the initial way law enforcement found out about the hazing and/or underage person's drinking violation*
- *The caller reasonably believed they were the first to call and report the emergency*
- *The person correctly identified themselves by name when reporting the emergency*
- *The person remained with the individual needing medical assistance until emergency services arrived*

- > [814-867-0099](tel:814-867-0099)
- > studentaffairs.psu.edu/safety-conduct/student-conduct/students-and-organizations/all-about-alcohol

The safety of our students is of paramount importance, and it is critical that the university create an environment that is conducive to reporting sexual misconduct and seeking emergency assistance for hazing-related injuries and other serious medical issues. While the university does not condone underage drinking, illegal drug use, or other violations of university policy or the law, the university understands that students may hesitate to get help for themselves and others when they are worried about the potential consequences, including student conduct action. Consequently, the university has established the following protocols for those who choose to prioritize safety.

Emergency Protocol: Alcohol and other Drugs

A student who takes the initiative to get assistance by notifying the appropriate authorities (e.g., calling 911, alerting a resident assistant, or contacting police) AND meets one or more of the criteria below, will typically not be subject to student conduct action for their own use or possession of alcohol or other drugs. The student will, however, be required to complete an appropriate alcohol or drug related educational intervention; any associated fees will be waived. This protocol may be appropriate when:

- *A student seeks medical assistance for themselves when experiencing an alcohol or drug overdose, or related problems.*
- *A student seeks medical assistance for a peer experiencing an alcohol or drug overdose, or related problems, AND remains with that peer until the appropriate authorities arrive.*
- *A student experiencing an alcohol or drug overdose, or related problems, for whom another student seeks assistance.*

Students who are, or know someone who is, struggling with substance misuse are encouraged to access resources and support available through Penn State Health Services and Counseling Services.

Emergency Protocol: Hazing

A student who takes the initiative to get assistance by notifying the appropriate authorities (e.g., calling 911, alerting a resident assistant, or contacting police) AND meets the criteria below, will typically not be subject to student conduct action for hazing. The student will, however, be required to complete appropriate educational interventions to prevent the recurrence of the reported behavior. This protocol may be appropriate when:

- *A student seeks medical assistance for a peer based on a reasonable belief that the person was in need of immediate medical attention to prevent death or serious injury;*
- *the student provides their name; and*
- *the student remains with that peer until the appropriate authorities arrive.*

At all times, students are encouraged to notify the University as soon as possible when they become aware that hazing has, or may, occur. Reports can be filed with the Office of Student Accountability and Conflict Response, or submitted anonymously to the Office of Ethics and Compliance.

Reporting Sexual Misconduct Protocol

A student who makes a report to the University or other appropriate authority (e.g., law enforcement) about experiencing sexual misconduct, or is reporting the experience of another, will typically not be subject to student conduct action related to their own possession or consumption of alcohol or other drugs in connection with the reported incident. As appropriate, involved students may be required to complete an educational intervention to address concerns about the student’s substance use; any associated fees will be waived.

At all times, students are encouraged to notify the university as soon as possible when they become aware that sexual misconduct has, or may, occur. Reports can be filed with the Office of Sexual Misconduct Prevention and Response, or submitted anonymously to the Office of Ethics and Compliance.

When student exhibits a pattern of problematic and/or high-risk behavior, or when the behavior involves other serious alleged violations of the Student Code of Conduct, the University may determine it is appropriate to initiate formal student conduct action in lieu of, or in addition to, these protocols.

- > titleix@psu.edu
- > titleix.psu.edu

Penn State is committed to providing an environment that is free from discrimination or harassment based on sex or gender. Resources are available to members of the University community to provide a prompt and effective response when such incidents occur. Behaviors that fall under policy AD-85 Title IX Sexual Harassment and AD-91 Discrimination and Harassment and Related Inappropriate Conduct include*:

Gender-based Harassment

Behavior consisting of physical or verbal conduct based on gender, sexual orientation, gender-stereotyping, perceived gender, or gender identity

Sexual Harassment

Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature

Sexual Misconduct

Rape, sexual assault, sexual battery, sexual exploitation, and other forms of non-consensual sexual activity

Stalking

Repeatedly following, harassing, threatening, or intimidating including by telephone, mail, electronic communication, or social media

Dating Violence

May include physical, emotional, verbal, and/or economic abuse

Domestic Violence

May include physical, emotional, verbal, and/or economic abuse

Retaliation

Adverse employment, academic, or other actions against anyone reporting or participating in an investigation of Title IX allegations

*These are intended to serve as representative examples. For the full definitions of prohibited conduct and consent, and more information about reporting options and amnesty, please refer to the relevant policy.

Amnesty

Penn State offers confidential and non-confidential reporting options for those who have become a victim of sexual harassment, sexual assault, dating violence, or stalking. The University strongly encourages students to report incidents violating this policy. Therefore, students who act responsibly by reporting information about sexual and/or gender-based harassment or misconduct typically will not face University disciplinary action for their own drug or alcohol possession or consumption in connection with the reported incident.

Consent

Any sexual contact that occurs without consent violates Penn State’s policy. Consent is a knowing, voluntary, and a mutual decision among all participants to engage in sexual activity. Consent must be informed, freely given, and mutual.

Reporting Options

Penn State offers a variety of confidential and non-confidential reporting options if you or a friend is the victim of sexual and gender-based harassment or sexual misconduct.

Student survivors, witnesses, and bystanders who report, in good faith, any incident of sexual assault, dating or domestic violence, or stalking will NOT be charged with an alcohol or drug violation of the Student Code of Conduct.

Reporting Options (Confidential)
Want to learn more about campus, community, and University resources? <ul style="list-style-type: none">titleix.psu.edu
Reporting Options (Non-Confidential)
Local Law Enforcement <ul style="list-style-type: none">911
OSMPR <ul style="list-style-type: none">814-867-0099titleix.psu.edu
Student Conduct <ul style="list-style-type: none">814-863-0342
University Police <ul style="list-style-type: none">717-749-6070police.psu.edu
Activates Campus Response: <p>The Title IX coordinator oversees the University response, which includes providing resource information and discussion of procedural options</p>
Accomodations/Interim remedies may be taken, including: <p>A no-contact order, classroom and housing adjustments, access to on-and-off campus support services</p>
OSMPR may conduct an investigation or resolve the matter through an informal process. The University will review all relevant information and determine if the behavior violates the University's Code of Conduct
Learn more about campus, community, and University resources at titleix.psu.edu

Talking with your Student about Alcohol

Students preparing to attend college have already taken several steps toward independence. Deciding where to go to college, what career path to pursue, and how to finance an education are all choices on the path to learning how to be an adult. College students still need and value their family’s guidance as they make decisions about their future. One of those decisions is about alcohol use at college and parents and family members are one of the best sources of advice on the issue.

Based on national research about college student drinking, many new students are likely to begin or increase alcohol use during the first six weeks. Even students who did not drink in high school may feel pressure to do so in college. Talk with your student about avoiding underage drinking while in college.

Research suggests that students who talk with their parents and families about alcohol avoidance strategies before they begin the first year of college are more likely to avoid alcohol, limit its use, and spend less time with heavy-drinking peers.

Facts about Alcohol Use Among College Students

- National**
- 31% of college students meet the criteria for a diagnosis of alcohol abuse
 - 1,825 college students between the ages of 18 and 24 die each year from alcohol-related injuries
 - 599,000 experience a non-fatal, unintentional injury under the influence of alcohol
 - 97,000 students are victims of alcohol-related sexual assault or rape each year

- Penn State**
- 48% report engaging in high-risk drinking*
 - 73% had to babysit a student who drank too much
 - 9% have been a victim of an unwanted sexual experience
 - 59% report blacking out at least once in the last year
 - 26% report getting behind in school work due to alcohol use
 - *High-risk, or binge drinking, is defined as having four or more drinks in two hours for women and five or more drinks in two hours for men.

- Risky Behaviors Include:**
- Underage drinking
 - Drinking (pre-gaming) before going out
 - Chugging alcohol, doing shots, and drinking games
 - Choosing drinks with a higher alcohol concentration

- Warning Signs of a Potential Problem:**
- Missing work, school, or other responsibilities
 - Specific school problems such as poor attendance, low grades, and/or disciplinary action
 - Drinking in physically dangerous situations, including drinking and driving
 - Having recurring alcohol-related legal problems, such as being arrested for underage drinking or for physically hurting someone while drunk
 - Mood changes such as temper flareups, irritability, and defensiveness
 - Physical or mental problems such as memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech

How You Can Help

Penn State has a wide range of initiatives in place to better understand, treat, and diminish the negative impact that dangerous drinking can have on students and their potential for success. As a parent, you also play a role in helping your student make good choices about drinking. Your influence can have a positive impact on your student’s safety, health, and well-being.

Start the Conversation

When talking with your student about alcohol, look for opportunities to raise the topic naturally. Discussions about majors and course selection can lead to a conversation about the ways alcohol can disrupt academic success and career options. Buying items for your student’s residence hall room can turn into talking about how to handle situations where alcohol use by other students might create a problem, such as interrupted study time, babysitting a drunk roommate, or unwanted sexual advances.

Familiarize yourself with how alcohol affects the body and brain of young adults. Take some time to evaluate your attitudes, values, and beliefs about alcohol and drinking. Establish open communication to make it easy for your student to talk honestly with you. Show your student that you care about their success in college, both academically and socially.

- Talk with your student about:**
- How alcohol affects the body and negative consequences of high-risk drinking
 - Your expectations around alcohol use
 - Why students drink or don’t drink
 - Alternate activities
 - Impact of drinking on health, academics, and future success
 - Penn State’s alcohol policy
 - Pennsylvania’s alcohol laws
 - Penn State’s Code of Conduct
 - Penn State’s Responsible Action Protocol

Portions of this section come from the Substance Abuse and Mental Health Services Administration. (2015). Talking with your college-bound young adult about alcohol. U.S. Health and Human Services. Washington, DC. samhsa.gov

Your Role

Understand Penn State’s parent and family notification policy, make sure your student completes Penn State Safe and Aware, the online learning module, and encourage conversations by asking nonjudgmental and open-ended questions. This allows your student the opportunity to express how they think and feel about college pressures, being away from home, and facing new situations. Below are some conversation starters for discussing issues your student may face.

- Conversation Starters**
- How will you decide whether or not to drink?
 - How will you handle it if you feel pressure to drink? What will you say?
 - If a friend drinks excessively and the partying affects your sleep and studying, what will you do?
 - What will you do if a friend you are with passes out because of excessive drinking?
 - How will you handle it if you are asked to babysit someone who is very drunk?

- Stay Connected After Your Student Begins College**
- Stay involved with your student’s life
 - Call your student frequently during the first six weeks of college, especially on weekends
 - Ask questions about your student’s alcohol use
 - Learn about your student’s new friends
 - Encourage your student to get involved in activities and organizations on campus

National Institute on Alcohol Abuse and Alcoholism. (2010). What parents need to know about college drinking.” National Institutes of Health. Bethesda, Maryland. www.collegedrinkinglearningprevention.gov

Turrisi, R., Mallett, K.A., Cleveland, M., Warvil-Weld, L., Abar, C.C., Scaglione, N. and Hultgren, B. (2013). An evaluation of timing and dosage of a parent-based intervention to minimize college students’ alcohol consumption. Journal of Studies on Alcohol and Drugs, 74(1), 30-40.

Turrisi, Rob. (2010). A parent handbook for talking with college students about alcohol. The Pennsylvania State University. University Park, PA.

Penn State Safe and Aware

- > <https://safeaware.psu.edu>

Penn State Safe and Aware is an interactive, online learning module that incoming students are required to complete before arriving to campus. The module provides information about alcohol, the alcohol laws in Pennsylvania, and Penn State’s alcohol and drug policy. It also includes information about sexual assault, the sexual violence laws in Pennsylvania, and Penn State’s resources for victims of sexual violence.

Students should complete Penn State Safe and Aware by:

- June 28, 2023 (summer students)
- August 21, 2023 (fall students)
- January 8, 2024 (spring students)

Explore the family version at <https://parents.safeaware.psu.edu>.

- > legis.state.pa.us

This is a general summary of several alcohol laws in Pennsylvania. For more details about each law and information about additional alcohol laws, visit the website above.

Underage Drinking

The legal drinking age is 21. Underage drinking is illegal. It is illegal for anyone under 21 years of age to attempt to purchase, consume, possess, or knowingly and intentionally transport any liquor, malt, or brewed beverage. Penalties may include:

Penalty	Fine	Jail
1st Offense	0 - \$500	0 - 90 Days
2nd Offense	0 - \$1000	0 - 90 Days
Additional Offenses	0 - \$1000	0 - 90 Days

Carrying False I.D.

It is illegal for anyone under 21 to possess an identification card falsely identifying that person by name, age, date of birth, or photograph as being 21 or older or obtain or attempt to obtain liquor, malt, or brewed beverage by using the identification card of another or by using an identification card that has not been lawfully issued to or in the name of the person who possesses the card.

Penalty	Fine	Jail
1st Offense	0 - \$300	0 - 90 Days
2nd Offense	0 - \$500	0 - 1 Year
Additional Offenses	0 - \$500	0 - 1 Year

Public Drunkenness

It is illegal to appear in any public place under the influence of alcohol to the degree that you may endanger yourself or other persons or property, or annoy others in your vicinity.

Penalty	Fine	Jail
1st Offense	0 - \$500	0 - 90 Days
2nd Offense	0 - \$1000	0 - 90 Days
Additional Offenses	0 - \$1000	0 - 90 Days

Driving Under the Influence (DUI)

It is illegal for anyone under 21 to drive a vehicle with a blood alcohol content of .02 or higher, and it is illegal for those 21 or older to drive with a blood alcohol content of .08 or higher. A first-time offense individual, under certain circumstances, may qualify for an Accelerated Rehabilitative Disposition (ARD) program.

The following penalties may apply if a person between the ages of 18 and 21 is convicted of a DUI with a blood alcohol content below .16%

1st Offense			
Fine	Jail	License Suspension	Other
\$500 - \$5,000	48 Hours - 6 Months	1 Year	Alcohol Highway Safety School Court Reporting Network File
2nd Offense			
Fine	Jail	License Suspension	Other
\$750 - \$5,000	30 Days - 6 Months	1 Year	Alcohol Highway Safety School Court Reporting Network File
3rd Offense			
Fine	Jail	License Suspension	Other
\$1,500 - \$10,000	90 Days - 1 Year	1.5 Years	Court Reporting Network File Drug & Alcohol Evaluation
*Penalties differ based on age, blood alcohol content, and other factors. Penalties vary for individuals under 18.			

**If a student is from a state other than PA and the home state is part of the national compact on DUI enforcement (46 states are), the student must fulfill these penalties in PA and his/her license from the home state will be suspended, if applicable.*

ALCOHOL LAWS IN PENNSYLVANIA

Furnishing Alcohol to Minors

It is illegal to knowingly sell, furnish, or purchase with the intent to sell or furnish, any liquor, malt, or brewed beverage to a person who is less than 21 years of age. You can be convicted of furnishing alcohol even if you are under age 21. The fine for a first offense is at least \$1,000 and the second or more is \$2,500. Jail is up to one year for all.

Public Urination & Defecation Ordinance

It is illegal to urinate or defecate in/on a public place, private property where the public is admitted, and private property without consent of the owner. It is illegal to urinate or defecate in any public place other than in an appropriate sanitary facility and a separate offense to fail to clean, remove, or dispose of it properly. Violations are summary offenses with a fine of not less than \$750 for the first offense and \$1,000 for any subsequent offense plus court costs for each violation.

MARIJUANA LAWS

Possession of Marijuana

It is unlawful for a person to knowingly, or intentionally possess marijuana (Hashish), a Schedule I substance.

Persons engaged in such activity will most likely face criminal charges and a violation of the Student Code of Conduct. The charges for marijuana possession include:

Quantity	Charge	Jail Time	Fine
30 Grams or Less	Misdemeanor	30 Days	0 - \$500
Over 30 Grams	Misdemeanor	1 Year	0 - \$5,000

Possession of Drug Paraphernalia

It is unlawful for a person to use or possess, with the intent to use, drug paraphernalia that is used for packaging, manufacturing, injecting, ingesting, inhaling, or otherwise introducing into the human body a controlled substance in violation of the Controlled Substances, Drugs, Device and Cosmetic Act of 1972.

Pennsylvania's Medical Marijuana Act

Pennsylvania's Medical Marijuana Act went into effect on May 17, 2016. However, marijuana in any form remains a prohibited controlled substance under federal law, and therefore the possession, cultivation, and use by individuals remain illegal under federal law. The Pennsylvania Medical Marijuana Act conflicts with federal criminal laws governing controlled substances, as well as federal laws requiring institutions receiving federal funds, by grant or contract, to maintain drug-free campuses and workplaces. Penn State receives federal funding that would be in jeopardy if those federal laws did not take precedence over state law. Therefore, the use and/or possession by individuals of marijuana in any form and for any purpose continues to violate applicable University policies, and any student or employee who violates such policies will be subject to disciplinary sanctions.

CAMPUS SAFETY

Penn State Mont Alto Police and Public Safety

- > [Emergencies: 911](#)
- > [Non-emergencies: 717-749-6070](#)

Police on Campus

Penn State police officers have full law enforcement authority and criminal investigative responsibility at 22 campuses, including University Park. Officers have the same authority as state and municipal police officers in Pennsylvania and are authorized to carry firearms and empowered to make arrests.

Penn State police officers are responsible for the protection of students, employees, and visitors at Penn State. Officers are also charged with the protection of life, property, and maintenance of order for campus as well as the enforcement of all Pennsylvania laws and University regulations.

- *Fully sworn police officers*
- *24 hours a day, 365 days a year*
- *Mobile and foot patrols*

The department consists of sworn police officers and supervisory staff, assistant police officers, and police dispatchers. These employees provide protection and service 24 hours a day, 365 days a year. Police officers are assigned to mobile and foot patrols. In addition to the full-time sworn staff, civilian staff aid in fulfilling the mission.

Reporting Crimes

- > [Call 911 or 717-749-6070](#)

Together, we all play a role in supporting safety on campus. We encourage citizens to report crimes immediately.

Physical Security

- > [police.psu.edu/physical-security](#)

The Office of Physical Security resides within University Police and provides professional security and fire alarm protection services to the University community consistent with the University's mission, culture, and resources to facilitate a safe and secure campus environment.

Emergency Telephones

- > [police.psu.edu/physical-security](#)

To assist with expedient reporting in emergency situations, emergency phones have been installed at various locations around campus. A direct line to University Police is available on these phones. There are two types of emergency phones that require the user to either lift the receiver or push a red button. Once the phone is activated, it will immediately ring at the University Police Dispatch Center. The location will then be recorded, and necessary action will be taken.

PSUAlert

- > [psualert.psu.edu](#)

PSUAlert is an emergency notification service for Penn State students and employees that allows the University to send text and/or voice messages to your cell phone in the event of an emergency. All students automatically receive PSUAlert messages at their Penn State email address. Encourage your student to add their cell phone number and other emergency contact information to PSUAlert. A student may also add parents' contact information.

Follow PSUAlerts:

- *Twitter: @PSUAlertUP*
- *Facebook: [facebook.com/pennstate](#)*

Emergency Planning and Procedures

- > [police.psu.edu/emergency-preparedness](#)

University Police and Public Safety has plans to address emergencies through coordination with local agencies and organizations that could impact operations. These include plans for emergencies, such as power outages, inclement weather, acts of terrorism or aggression, and infectious diseases. As an ongoing process, these plans are updated to address necessary provisions for students and employees.

Behavioral Threat Management

- > [btmt.psu.edu](#)

To enhance emergency preparedness and prevention efforts, Penn State has established a Behavioral Threat Management Team (BTMT). The objective of the BTMT is to systematically identify, evaluate, and manage potentially threatening situations, including persons of concern, at the University. The multidisciplinary team is composed of people from across the University.

Victim Resources

- > [814-863-0823](#)
- > [police.psu.edu/victim-resources](#)

University Police has a Victim Resource Officer who specializes in assisting victims of crime. The officer can help connect victims with programs and services that are available on campus and in the surrounding community.

Crime Prevention Programs

- > [police.psu.edu/community-education](#)

The Community Oriented Policing Unit coordinates develops and delivers a variety of free relevant safety and crime prevention programs. Your student can contact University Police to request one of these programs for their group or organization.

Penn State Active Attacker Response Program - Run, Hide, Fight™

- > [runhidefight.psu.edu](#)

Based upon the Run, Hide, Fight™ model developed by the City of Houston, Penn State's Active Attacker Response Program offers the same three action steps if confronted with an active assailant, making it easy to remember and act upon in an emergency: run if you can, hide if you can't, and fight as a last resort. Participants who attend this program will learn how to prepare to respond to an active attacker situation.

Crime Statistics

- > [police.psu.edu/annual-security-reports](#)

Under Federal and State requirements, the University publishes an annual security report entitled "Policies, Safety, and U." This report contains crime statistics from the previous three years as well as other valuable information about safety and security at Penn State. The annual security report for each campus and each of the three previous years is available on the police website. Statistics are reported to the U.S. Department of Education website and the Pennsylvania State Police Uniform Crime Reporting website and are also available to the public on those sites.





IMMUNIZATION & HEALTH HISTORY RECORDS

All incoming Penn State students must provide proof of immunization against **measles, mumps, and rubella**. In accordance with Pennsylvania state law, students living in on-campus housing must also provide proof of the **meningococcal conjugate vaccine** (Menveo, Menactra, MCV4, MenQuadfi), which protects against infections caused by serogroups A, C, W, and Y.

Some students, such as student-athletes or students in certain health-related majors may be asked to submit additional immunization information. These students must also submit official immunization records using the process below.

How to Submit

- > <https://studentaffairs.psu.edu/health-wellness/medical-services/immunizations>

Students should log into myUHS using their Penn State access credentials, enter their required vaccination dates and upload a copy of their official immunization records and, if applicable, any positive antibody blood test results (titers). **All immunization records must be in English.**

Other Recommended Vaccines

In addition to the required vaccines, Penn State also strongly recommends that students receive the following vaccines:

- *Serogroup B meningococcal*
- *Varicella (chickenpox)*
- *Tetanus-diphtheria-pertussis (Tdap)*
- *Hepatitis B*
- *Hepatitis A*
- *Human papillomavirus (HPV)*
- *Pneumococcal*
- *Annual influenza (flu) vaccine*
- *COVID-19 vaccines*

UHS provides vaccinations for students by appointment and by offering clinics.

Students are also encouraged to complete the online health history in myUHS.

STUDENT HEALTH INSURANCE

- > studentaffairs.psu.edu/health-wellness/health-insurance

Adequate health insurance provides students with security and an enhanced sense of well-being during their time at Penn State. For this reason, the University requires all international students to have health insurance and strongly recommends that all U.S. students have health insurance coverage that is accepted by providers on or near the campus they attend.

Each year, students are required to submit health insurance coverage through LionPATH. If your student does not currently have adequate coverage, we highly encourage them to enroll in the Student Health Insurance Plan (SHIP) for Penn State. The SHIP for Penn State is designed specifically for students and offers comprehensive health insurance at a competitive price with a wide network of providers across the United States.

Penn State recognizes that financial insecurity has a detrimental impact on both a student's academic performance and their overall health. With that in mind, Student Health Insurance has collaborated with the Office of Student Care and Advocacy (studentaffairs.psu.edu/studentcare) to help more adequately address student needs related to health insurance coverage and other financial concerns. If your student is currently uninsured or needs help securing basic needs (food, housing, etc.) as a U.S. citizen or permanent resident, complete the Basic Needs Assistance Request Form at studentaffairs.psu.edu/basic-needs-support.

HEALTH & SAFETY

Staying healthy is a vital part of a successful college experience and University Health Services (UHS) can help.

UHS understands that a student's first time navigating a medical appointment alone may be when they seek medical care on campus. Students are encouraged to know their medical history, allergies, current medications, and family's medical history in preparation for an appointment at UHS. Students should keep a copy of their health insurance and prescription plan cards with them.

The primary method of communication between Health Services and your student is through secure messaging within the myUHS portal (studentaffairs.psu.edu/health/myuhs), and students will be alerted by email to check these messages.

Health Services recommends that students pack basic medical supplies to bring with them to campus: thermometer, over-the-counter pain/fever reducers such as acetaminophen and/or ibuprofen, cough drops, and other cold symptom relief medications. In addition, students are asked to bring a minimum of four COVID-19 at-home test kits and a box of disposable masks.

Appointments/Physician Hours

- > [717-749-6160](tel:717-749-6160)
- > daw51@psu.edu
- > montalto.psu.edu/health

In Person clinic hours are available with the Campus Nurse, Monday through Friday, 10 a.m. to 4 p.m. Students can email or call to schedule appointments during regular business hours. Physician appointments are by appointment-only and must be coordinated with the Campus Nurse.

24/7 Advice Nurse

- > [814-863-4463](tel:814-863-4463) or [814-865-4UHS \(4847\)](tel:814-865-4UHS), [Option 3](#)

Students can speak with an experienced telephone advice nurse 24 hours a day, 7 days a week to have their urgent health concerns addressed. The 24/7 Advice Nurse Line is for **advice only** and does not have the capability to schedule UHS appointments.

Emergencies

- > [Call 911](tel:911)
- > wellspan.org

In the event of a health or medical emergency, students are advised to call 911 or go directly to the nearest medical facility, WellSpan Health (hospital and emergency facilities are available in Chambersburg, Gettysburg, or Waynesboro). For information: wellspan.org.

WellSpan Health facilities address:

- *Emergency Services*
- *Laboratory and Imaging Studies*
- *Pharmacy*
- *Preventative Health*
- *... And more*

Confidentiality

It is understandable that as a concerned parent you may want access to information about your student's care. However, patient confidentiality standards (HIPAA, Health Insurance Portability and Accountability Act and FERPA, Family Educational Rights and Privacy Act) prohibit University Health Services from sharing medical information without the student's written authorization. When there is a life-threatening situation in which a student is so ill that they are unable to provide authorization, both HIPAA and FERPA allow the university to release information. This is the only exception.

Excuses (Missing class due to illness)

Health Services does not provide illness verification to instructors for routine illnesses. For routine illnesses, the decision to miss a class or activity is at the student's discretion, and the student should email or call the instructor as soon as possible. Health Services may provide verification of a significant, prolonged illness or injury if care was received on campus.

If a student contracts COVID-19, the student absence information will be sent directly to the instructor from Student Support Services, and there will be a general notification of absence due to a medical reason. The length of quarantine or isolation will follow CDC guidelines.

Counseling Services

- > [Wellness House](#)
- > [717-749-6125](tel:717-749-6125)
- > [Penn State's Crisis Line \(1-877-229-6400\)](tel:1-877-229-6400)
- > montalto.psu.edu/counseling

College student concerns can vary widely, and some emotional stress can be expected at this developmental phase of life. Counseling Services offers multiple pathways for students to get the help, support, and connection to resources that will best support their mental health and wellness needs. These options include and reach far beyond individual counseling.

Counseling Services provides students with a range of services. These include:

- *Wellness platforms (WellTrack Boost, Virtual Library) for self-paced mental health prevention and self-care*
- *Life Hack Kits: step-by-step virtual wellness packages and lively virtual workshops*
- *Support groups*
- *Group therapy*
- *Individual counseling*
- *Urgent, rapid access appointments*
- *Evaluations for psychiatric medication and medication management*

As the primary mental health provider for Penn State students, Counseling Services' mission is to support students' mental health and well-

being as they pursue their academic and career goals. Essential to this mission is fostering a welcoming and affirming environment that honors diversity and values individual and cultural differences.

Counseling Services provides group, individual, crisis intervention and wellness services for full- and part-time students. Some of the topics addressed by Counseling Services include:

- *Difficulty in adjusting to college*
- *Anxiety*
- *Depression*
- *Grief or Loss*
- *Self-confidence*
- *Lack of motivation*
- *Time management*
- *Stress management*
- *Sexual identify issues*
- *Substance abuse*
- *Physical/Sexual/Emotional abuse*
- *Difficulty in concentrating or studying*
- *Trouble coping with academic pressures*
- *Uncertainties about personal values and beliefs*

Mantra Psychiatric Services (HIPAA-secure video and messaging telepsychiatry service) is available to full-time students. Students must be referred to access this service, which offers students up to nine free sessions. Conditions in which students can access Mantra include:

- *Mild to severe depression and/or anxiety*
- *Adjustment disorders*
- *ADHD non-controlled medications*
- *Bipolar 1 & 2*

NOTE: Students must reside in Pennsylvania, New York, New Jersey, or Florida (full-time residential students qualify) to access Mantra Psychiatric Services.

For more information or referral to Mantra Health Services, students should contact Darlene Pasi, Campus Counselor (at drp16@psu.edu).

Students are strongly encouraged to access wellness resources to help maintain and manage overall wellbeing. Wellness platforms WellTrack, and the Virtual Library are easily accessible options for students to address self-help and self-care at their convenience. Additionally, Life Hack Kits are virtual workshops available in both synchronous and asynchronous formats to address student needs at one's own pace.

While Counseling Services offers a multitude of resources, a student's needs may be best met beyond Counseling Services. In these situations, Counseling Services commonly refers students to clinical providers in the local community.

Penn State's Crisis Line is available 24/7 for students, as well as parents, faculty, staff, or others to call if urgently concerned about a Penn State student.

TALK LIKE A PENN STATER

Abbreviation	Title	Definition
ASC	Academic Support Center	Located in the General Studies Building. the ASC supports students in a variety of ways, including tutoring, student disability resources, and student advocacy.
AHB	Allied Health Building	One of three academic buildings at Penn State Mont Alto
BJC	Bryce Jordan Center (located at University Park)	Entertainment and athletic facility that hosts concerts; home to Penn State men's and women's basketball
Canvas		The online learning management system for students to manage, navigate, and access their courses
CAP	Campus Activities and Programs	Committee of students that work together to help develop programs and bring speakers/entertainment to campus
Commonwealth Campuses		Penn State's campuses located throughout Pennsylvania
CCSG	Council of Commonwealth Student Governments	Penn State Mont Alto student government leaders attend CCSG to share concerns, network, and come up with ideas on programs and areas of need to better support students at the commonwealth campuses
The Creamery	The Berkey Creamery (located at University Park)	Penn State's very own, on-campus creamery
GSB	General Studies Building	One of three academic buildings at Penn State Mont Alto
HUB	Hetzel Union Building (located at University Park)	Home to several eateries, study areas, student clubs and activities, meeting spaces, the Penn State Bookstore, and art galleries
LionCash		Online, prepaid flexible spending account accessed by your student's Penn State id+ card
LionPATH		Student information system for students to register for classes, check grades, and pay bills
MAC	Multipurpose Activity Center	Home of the athletic department at Penn State Mont Alto. The MAC features an academic classroom, basketball court, extensive locker room facilities, tennis courts (located outside), an athletic training room and a multipurpose room used for conferences, events, dances, and other occasions. The building also includes a fitness center featuring cardio machines, free weights and pin-loaded weight-training machines.
MAH	Mont Alto Hall	One of two residential facilities located at Penn State Mont Alto
The Mill	The Mill Café	Dining facility at Penn State Mont Alto that offers an extensive menu, including grilled specialties, pasta, soups, subs, a pizza station, hearty entrees, a chopped salad station, daily specials, delicious desserts, convenient grab 'n go items and hot & cold beverage options.
MPR	Multipurpose Room	Located within the MAC (used for conferences, events, dances, and other occasions)
Nittany Lion Shrine		Large limestone statue representing Penn State's famous mascot
NSO	New Student Orientation	Program to introduce first-year students to both academic and campus life
OSACR	Office for Student Accountability and Conflict Resolution	Promotes a safe environment by holding students accountable to the Student Code of Conduct
Penn State Go App		All-in-one app includes Canvas, email, campus maps, LionPATH, LionCash, dining, safety, library services, Starfish, Penn State Eats, and much more.
Penn State Learning		Offers free peer tutoring, an encouraging learning environment, and technology tools to enhance academic success
RA	Resident Assistant	Specially trained student employees who live in the residence halls and support residents
ResLife	Office of Residence Life	Creates living-learning environments, programs, and services for residence hall students
Sci-Tech	Science Technology Building	One of three academic buildings at Penn State Mont Alto
SHIP	Student Health Insurance Plan	Low-cost, comprehensive health insurance
Starfish		A suite of academic advising tools and online scheduling of advising appointments
THON	Penn State Dance Marathon	Largest student-run fundraising event benefitting childhood cancer culminating in a no-sitting, no-sleeping, 46-hour dance marathon held in February
UHS	University Health Services	Student primary care health center offering medical services, prescriptions, testing, educational programs
UP	University Park	One of 20 undergraduate campuses of Penn State located in State College, Pennsylvania
We Are		Chant that unites Penn State
Welcome Week (also referred to as NSW)	(New Student Welcome)	Campus-wide programming designed to welcome students at the beginning of each semester
Wellness House		Building at Penn State Mont Alto that houses Health and Counseling Services
WSC	Wiestling Student Center	Penn State Mont Alto Student Center

