

We are Racers.

# STUDENT AFFAIRS RESOURCES

# Racer Nation Orientation 2023

murraystate.edu/studentaffairs

270.809.6831

# Division of Student Affairs: Our Goals for Your Student

Graduate
 Get involved
 Have an international experience
 Become a part of the Racer family



# Role of Student Affairs



- We care about your students. We want them to have a positive campus life experience, be successful academically and graduate.
- To assist you and your students
- To connect students with various living and learning resources





# Topics to be covered in the following slides:

- <u>Great Beginnings</u>
- <u>Counseling Services</u>
- Health Services
- Multicultural Initiatives
- <u>Student Support Services</u>
- <u>Student Engagement</u>
- First-Generation Racers

- <u>Veteran Student Services</u>
- <u>Campus Safety</u>
- <u>Title IX</u>
- <u>Student Disability Services</u>
- Racer Dining
- <u>Residential Collegés</u>
- Housing/Residence Life

## MENTAL HEALTH SERVICES AVAILABLE

University Counseling Center Division of Student Affairs C104 Oakley Applied Science Building 270.809.6851

On-call counselors are available 9-3 Monday-Friday during the school year

Email: <u>msu.counselingcenter@murraystate.edu</u> Website: <u>murraystate.edu/counselingcenter</u>

## SERVICES OFFERED

- Counseling sessions are free and confidential
- On-call counselors are available to meet with walk-in clients for questions or crisis intervention
- Counseling sessions are scheduled biweekly at the Counseling Center
- Sessions can be in-person or via Zoom
- Initial paperwork can be completed remotely

# ISSUES WE CAN HELP YOU WITH

- Adjusting to new situations
- Depression
- Managing stress
- Homesickness
- Anxiety, including social anxiety
- Poor anger control
- Grief or loss
- Eating and body image issues

# OTHER COMMON ISSUES

- Relationship or social issues
- Suicidal thoughts
- Family problems
- Diversity and cultural issues
- LGBTQ+ concerns
- Self-awareness and self-care
- Asperger's Disorder
- Trauma recovery

# CONFIDENTIALITY

- Discussions with counselors cannot be shared with anyone without a signed release from the student
- This means that we cannot speak with professors, roommates, or even parents
- In emergency situations, we may need to break confidentiality if we are concerned for the client's safety

## MORE FREE COUNSELING AVAILABLE

Psychological Center Psychology Department, 401 Wells Hall 270.809.2504

On-call counselors available during business hours Monday through Friday

Weekly counseling sessions and comprehensive assessments available throughout the year

Website: <u>murraystate.edu/psychologicalcenter</u>

# Health Services



Murray State University's health services are provided by Village Medical of Murray.

- The clinic is staffed with an advanced practice provider and clinical staff.
- Location: First Floor of Wells Hall, facing the quad Hours:
  - 8 am 4:30 pm Monday-Friday
    - \*\*Provider not in office after 12pm on Friday, but students can come for questions, injections (except allergy), or to set up a telemedicine visit\*\*
  - Closed for lunch from 12:30-1:00 pm Monday-Friday.
  - If the campus is closed, the clinic will also be closed, but services can still be provided at the main Village Medical office (1000 S. 12<sup>th</sup> Street). Extended hours at Village Medical's main campus: Monday-Friday: 7am-8pm; Saturday & Sunday: 8am-6pm

# Health Services

Services Provided:

- Wellness Visits
- Preventative Services
- Physical Exams
- Treatment of acute illness and injury including IV fluids and suturing Chronic care management
- Rapid testing on-site
- Lab testing, including STD testing (send out testing through LabCorp)
- Immunizations
- Allergy Injections
- Radiology and Cardiology Testing (main location)

# Health Services

Payment Options:

- Services rendered will be processed through the student's health insurance.
- All insurance is now accepted.
- Self-pay office visits for students without insurance or who do not wish to bill their insurance is \$65 (this does not include additional testing at this time).

Other local options:

- Village Medical Primary Care (Main office)
- Murray Medical Associates
- Murray Calloway-County Hospital
- Fast Pace

The Mission of the Office of Multicultural Initiatives, Student Leadership & Inclusive Excellence (OMI) is to advocate and encourage a campus environment that embraces diversity and helps students grow personally and academically. Our programs and services are designed to address the development, cultural competency, curricular and co-curricular needs of our student population, to help them adjust to campus life and enjoy a successful college career. The office seeks to enhance the retention, success and graduation rates for students at Murray State University.



RETENTION

Programs & Services

**Emerging Scholars Institution** Connected-Racer Achievement On-Track Find the Leader in You (FLY) **Diversity Scholars Program Retention Workshops** Study Tables Program Structured Study Tables Mentoring Program Faculty/Staff Mentors **OMI Graduate Fellow Mentors** Scholarship opportunities



Registered Student Organizations Black Student Council International Student Organization

Special Clubs & Groups African Students Club Brother 2 Brother Multicultural Council Multicultural Student Roundtable Multicultural Parents Advisory Council OMI Stem Club Radiant Racerettes (Dance Team) Sister 2 Sister Sueno Latino Spectrum (LGBTQ+)



#### Contact Us:

Website: murraystate.edu/omi

Email: msu.multiculturalinitiatives@murraystate.edu

Phone: (270) 809-6836

Instagram: MSU\_OMI





# Murray State Police

UNIVERSITY POLICE DEPARTMENT

Department Overview and Personal Safety 270.809.2222 101 Police Building Murray, KY 42071

Murray State University

# What Makes Our Campus Safe?

#### • University Police Department

- 24 hour a day patrol on campus
- Rapid response times to emergencies
- Police Officers are sworn and fully certified
- Racer Patrol
  - Student employees of Police Department
  - Provide security, surveillance & safety escorts
- Murray State Police 911 Center
  - 24/7 answering of emergency calls
  - Certified police Dispatchers



# WHAT MAKES OUR CAMPUS SAFE?

#### Emergency Call Boxes



#### RacerAlert Emergency Notification

- Text messaging
- Outdoor sirens
- All campus emails
- Social media alerts

#### LiveSafe Mobile App

- Chat with Police
- Report tips
- SafeWalk



# POLICE No.

# Keeping Campus Safe Safety Programs

- Alcohol education
- Drug abuse
- Sexual assault
- Personal safety
- Property protection
- Fire safety and emergency procedures
- Racer Patrol escorts
- Bridging the gap

# Parking Services

- \*\*
- Everyone must purchase a permit and register their vehicle to park legally on campus
- All parking is by permit only and the license plate is your "Virtual Permit"
- Any vehicle driven to campus must be registered
- Each individual operating the vehicle on campus must have their own parking permit (accounts may not be shared)
- All changes to a vehicle including the license plate, driven to campus must be updated on your parking account by you before driving on campus to prevent parking citations
- Review Parking Regulations at www.murraystate.edu/parking
- Questions, concerns, or issues call at 270-809-4812 or email Parking Services at msu.parkingoffice@murraystate.edu
- Check out Murray State University Parking Office on Facebook



# Title IX & PARENT Orientation

# TITLE IX

What is it? It is more than the law that increases participation by women in sports. The law is much broader. Title IX of the Education Amendments of 1972 (Title IX), 20 U.S.C. §§ 1681 et seq., prohibits discrimination on the basis of sex in education programs or activities operated by recipients of Federal financial assistance.

Why must MSU comply? As a recipient of Federal financial assistance, MSU is required by Title IX to ensure that all of its education programs and activities are free from discrimination on the basis of sex. Non-compliance could mean the loss of federal funding (Student Financial Aid, Grants, etc.)

# Title IX: Project RACERS

- Resources Resources available to the university community are provided for students (See information on back of handout)
- Advocacy The Women's Center and Parents may advocate for those experiencing sexual assault, sexual harassment, relationship violence or sexual misconduct
- Consent Members of the University community understand that consent is necessary
- Education There are some educational components offered to the university community (General Alcohol Education, Campus Climate Survey regarding alcohol and General Title IX Training using Canvas®)
- Reporting All allegations of sexual assault, sexual misconduct, relationship violence and stalking should be reported to the Title IX Coordinator, Ms. Camisha Duffy, 270.809.3155.
- Safety Universities around the country are also required to distribute timely warning notices about alleged crimes on or near the university campus. Download a key safety tool, the LiveSafe app. (See handout for sample)

#### INSTITUTION WIDE EDUCATIONAL EFFORTS

Our general Alcohol Education online course provides a college-level alcohol education program aimed at educating students about alcohol and its effects on the mind and body. Whether or not they drink, the programming empowers students to make well-informed decisions and better cope with the drinking behavior of peers. All data collected is anonymous and cannot be tied to a single user. The aggregated data collected will be used to inform our alcohol and sexual violence prevention education. First year students will receive an email in late July or August inviting them to begin and complete their online Alcohol Education course.

The Title IX Training is an on-line program designed to help prevent sexual violence, stalking and relationship violence. The program provides general information about Title IX, reporting and campus resources available. Students and the entire university community at MSU will receive an email in late July or August inviting them to begin and complete their annual Title IX training.





# Camisha Pierce Duffy

Executive Director of the Office of Institutional Diversity, Equity and Access (IDEA)

Oversees Title IX complaints and investigations to provide equitable resolutions

- Assisted by Deputy Title IX Coordinators & Investigators, Blaire Bushart and J. Owen Butler
- Helps the university deter gender-based discrimination ,
- Grievance procedures online: <u>www.murraystate.edu/titleix</u>
- Contact: 270.809.3155 or <u>msu.titleix@murraystate.edu</u>

## Office of Student Disability Services

#### Mission Statement:

The Office of Student Disability Services is committed to promoting the full participation of students with disabilities in all areas of university life. The Office of Student Disability Services works with MSU faculty and staff to provide equal access to University resources, academics, programs and activities for students with disabilities.

#### Students WE Serve:

The Office of Student Disability Services provides accommodations and academic support services to students with disabilities. These disabilities include cognitive (i.e. learning disabilities, attention deficit disorders, and traumatic brain injuries), psychological disorders, seizure disorders, autism spectrum disorders, sensory, mobility, or other physical or other chronic health impairments. The SDS office also works with students with temporary disabilities and expecting mothers.

# How to Register:

The Office of Student Disability Services coordinates and administers accommodations and enhanced academic support services for students with documented disabilities. To receive services and accommodations a student must:

- Be registered with the office.
- Provide Current Documentation of disability (no more than three years old).
- Contact the Office of Student Disability Services to arrange a meeting/intake with a staff member to request accommodations.

# Accommodations:

All accommodations are based on each student's documented disability. Accommodations may include, but are not limited to:

- Extended testing time
- Distraction-reduced testing environment
- Textbooks in alternate format
- Classroom accommodations
- Housing and parking accommodations (main campus)
- Meal plan accommodations (main campus)



## Other Support Services (Main Campus Only):



- Project PASS (Program for Achieving Student Success) is an enhanced academic support program for new freshman. This program offers a more comprehensive level of academic support for approximately 50 incoming freshmen each fall semester. Project PASS includes the following areas of enhanced support: scheduling assistance during RACER Nation Orientation, an early move-in program, specialized support classes, and mentoring/tutoring services.
- There is no extra cost to enroll in our Project PASS program, with the exception of a small fee for our early move in program, and our mentoring/tutoring services (\$15/hour).

# Office of Student Disability Services

423 Wells Hall, Murray KY 42071 Email: <u>msu.studentdisabilities@murraystate.edu</u>

Phone:270.809.2018Fax:270.809.4339

Website: <u>www.murraystate.edu/studentdisabilityserviçes</u>



# **Residential Colleges**



**Clark College** 



**Regents College** 

**Elizabeth College** 





Richmond College



Hart College

Springer-Franklin College

Hester Col

R.H. White College

# Residential Colleges

# What are Residential Colleges?

- NOT "dorms"
- They are living and learning communities for ALL of our students.
- Why do we have Residential Colleges?
- Sense of belonging; Making connections
- Smaller communities within the larger campus

# **Residential Colleges**

- More opportunity to develop
  leadership skills
- More opportunity to participate in intramurals
- More opportunity to connect with faculty and other students
- Each College has a Faculty Head who is a senior member of the faculty with an office in their respective residential college



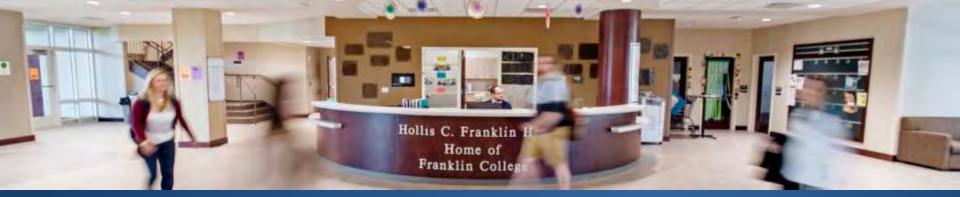


# HOUSING AND RESIDENCE

Students who live on campus at least two (2) years are:

- More likely to get involved
- More likely to report satisfaction with their experience
- More likely to get to know a faculty member outside the classroom
- More likely to graduate





## **HOUSING AND RESIDENCE LIFE - APPLICATION PROCESS**

- How to apply myGate
- \$150 Housing Deposit
- Building Preferences
- Finding Roommates

• Assignments - first applied, first assigned Once assignments are made, students will receive an email to their Murray State email address.



## HOUSING AND RESIDENCE LIFE

Whether you live on campus, commuting from home, or are transferring to Murray State, you will need to complete paperwork for Housing. Visit the Housing Requirements website.

If you do not complete the housing application or the proper paperwork to live at home, you will receive a Housing Requirement Charge on your account.

CALL LAND HEADING IN THE TRUCK STREET, STREET,

### HOUSING AND RESIDENCE LIFE

#### More Assistance:

IDILIS C FRANKLIN MALL

- Visit our Housing website, murraystate.edu/housing
- Call or email the Housing Office
- 270.809.2310
- <u>msu.housing@murraystate.edu</u>



## Racer Dining

Murray State University



Your dining experience is more than great food. It is a community experience centered on culinary expertise, fresh ingredients, healthy options, and a shared sense of environmental and social responsibility.

Join us to experience the comfort, convenience, outstanding food, and inviting atmosphere designed especially for you.

Your Dining Team

# WELCOME

**AWARDS & ACCOLADES** 

Chick-fil-A One Million Dollar Award for outstanding sales

Ozzi Earth Day renewability contest finalist

RACER DINING



## Let's Have Some Fun

At Racer Dining, food is the foundation for fun. Join us for weekly and monthly special events and promotions, like build-your-own dessert bars, restaurant style dining nights, and classic holiday feasts. We believe that relationships are strengthened around the table.

#### Limited Time Offers

• Meal time is about much more than just great food. It's a chance to recharge, catch up with friends, and have fun! Exciting limited-time offers enhance the dining experience. Join us each month for events, giveaways, and special menus.

#### Pop Up Restaurants

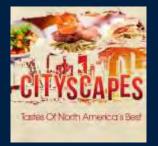
 Dining halls are great, but every now and then we like to do something special. Pop-up restaurants transform dining locations into high-end restaurants serving a variety of cuisines. From steak to seafood to a createyour-own dessert bar, you'll love all of our options.

#### Promotions

DINING EVENT

• Every week will bring new promotions and celebrations, including chances to win prizes, such as trips, gaming systems, or Amazon gift cards. Be on the lookout for event calendars and a chance to win!







Winslow Dining Hall Sunday, December 8 9-11 PM

Be one of the first soid goetts if the door to get a free t-shirts

MURRAY CATE

Racer literary and the International Student (Proprint alian

present line served

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NUMBER OF STREET

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We are committed to creating healthy environments for our guests. Central to this effort is providing **healthy**, **nutritious foods**. We've listened to our customers. We've researched marketplace trends. Our executive chefs and registered dietitians work together to create an exciting collection of recipes. The result is Mindful – an approach that focuses on **transparency of ingredients**, **delicious food**, **satisfying portions** and clarity in message so that making Mindful choices becomes second nature.







## WINSLOW DINING HALL

## CHEF'S TABLE

**Chef's Table:** Main hot line station featuring chef-inspired menus that incorporate seasonally based ingredients.

## **PRESS**#D

**Pressed:** Made-to-order deli station, featuring a wide variety of ingredients and the option to panini press.

## HARMONY

**Harmony:** Our plant-based station, Harmony serves delicious vegetarian and vegan entrees and sides daily.

SIMPLE SERVINGS

**Simple Servings:** Station that provides safe and appetizing food choices for our customers with food allergies, gluten intolerance, and those who prefer simple foods.

## SIMPLE 7

**Simple 7:** Interactive madeto-order station, highlighting diverse cuisines for a unique experience.

**Bistro Grill:** Grilled menu items and rotating specials. **Marinara:** Selection of rotating pastas, sauces, and breadsticks. **Slices:** Delicious fresh made pizzas.



Breakfast options include hot menu items on the Seasons line as well as a made-to-order omelet bar at Craft It.



Our salad station hosts a selection of leafy greens, freshly prepared vegetables, toppings and dressings, as well as a variety of prepared salads, hummus, and raw veggies.



Burgers, hot dogs, fries, and rotating specials can be found at the Bistro Grill station, as well as a variety of condiments so you can customize your burger.



Craving breakfast for dinner? No problem! We have waffle irons, bagels, cereal and more available all day.





We serve a rotation of hearty, delicious, made-from-scratch soups every day.



Homemade cookies, cakes, bars and pastries, plus ice cream and festive seasonal treats.



## SIMPLE SERVINGS

All foods served at this station are prepared exclusively with ingredients which do not contain the following food allergens.

## MILK WHEAT SHELLFISH TREE NUTS EGGS SOY PEANUTS GLUTEN

They are prepared in a facility which uses these ingredients in the production of other dishes. Although we take measures to ensure against this, the possibility of cross-contamination through contact with other foods does exist.

**#SIMPLE** 



# Meet our district dietitian Joe Chism

#### Services Include:

- Food allergy management and support for new and/or current students
- Special diet accommodation requests
- Nutrition education and guidance
- Healthy on-campus cooking demonstrations
- Nutrition and wellness programming
- Sports nutrition

#### **QUESTIONS?**

Contact Joe Chism at joe.chism@sodexo.com





## Local, Sustainable.

We purchase locally whenever possible for the freshest ingredients in our recipes. We source 100% sustainable seafood, eggs from cage-free chickens, ethically and responsibly sourced coffee, and fresh milk from local dairy farms.

# Örick-fil; L Mein Bowl



## STARBUCKS

subconnection

by sodexo

Market '22 | Fast Track | Business Express | Pony Express

#### **PAYMENTS ACCEPTED**

Cash / Credit Card Apple Pay / Google Pay Meal Exchange / Flex Dollars

\*Restrictions apply

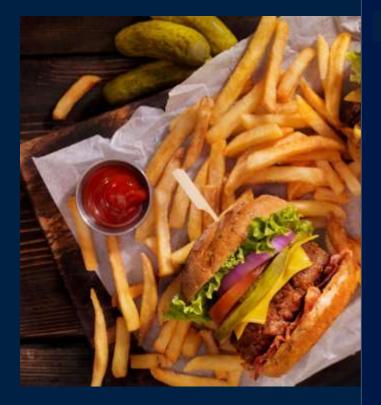
#### **MOBILE ORDERING**

FIRED UP FLAVOR

w sodexo







## Eat Smart. Get a plan. MEAL PLANS

\*All students are required to purchase a meal plan for four semesters, excluding summers.\*

Murray State offers four levels of on-campus dining plans for our students. These plans are available to all undergraduate students, whether you live in an on-campus residence hall or elsewhere off-campus.

Detailed information about meal plans can be found at www.murraystate.edu/dining

## ARE YOU OUR NEWEST STUDENT EMPLOYEE?

#### Join our team!

We employ hundreds of students across campus every semester. With positions available in our dining hall, retail locations, and catering staff, we've got a place for you! Working for Racer Dining means wages starting at \$9/hour, flexible scheduling, opportunities for advancement, free food, and more perks!

https://external-careers-frontlinesodexo.icims.com



CONNECT WITH US!

STUDENTS Text racerdining to 82257



Our student culinary council meets with the Racer Dining management biweekly to discuss student satisfaction, exchange ideas, share sneak peeks of upcoming projects and more!



At Racer Dining, we offer paid internships, particularly in marketing and human resources. If you are interested in getting real-world experience in either of these fields, send us an email for more information!

**MUDIXT.COM** THE DIGITAL CONNECTION Text **RacerDining** to **82257** to receive text alerts about campus dining.

iracerdining.sodexomyway.com
 msu.dining@murraystate.edu
 (270) 809-4600
 @RacerDining
 @RacerDining
 @RacerDining
 @RacerDining

### What is Student Support Services?

Student Support Services (SSS) is a federally funded program provided by the U.S. Department of Education. SSS provides FREE services for underresourced, first-generation students, as well as students with disabilities, who qualify and have an academic need. We offer one-on-one tutoring, free printing services, grant aid, scholarships and much more!

• For more information please contact:



MeLissa Cooper, Director 261 Blackburn Science Building <u>mcooper@murraystate.edu</u> 270.809.4510

## What can SSS offer your student?



- Free Tutoring
- Free Printing
- Secondary Academic Advising
- Financial Aid Guidance
- GUI Series Support Courses
- Computer Lab
- Grant Aid/Scholarships



## CENTER FOR STUDENT ENGAGEMENT AND SUCCESS

Student Engagement and Success is committed to the success and retention of all students through guidance, support, and cultivation of their personal well-being and academic success.

Supporting students to:

- Transition successfully to college
- Develop successful academic habits
- Create connections with faculty, staff, and resources
- Persist during challenging times
- Engage in their Racer living and learning experience to reach their career and personal goals
- And much, much more!

## STUDENT ENGAGEMENT AND SUCCESS

The office is also responsible for

- Supporting student success through many avenues including the use of the Starfish Student Success Network and student "Raise your hand" for help feature.
- Partnering with Student Affairs to host Family Weekend where parents and families can spend a weekend with their student and enjoy many activities. Visit www.murraystate.edu/family for more information.
- Publishing the e-newsletter for parents and family. Visit <u>www.murraystate.edu/family</u> to signup for the newsletter.
- ► Advising undeclared majors and supporting these students as they explore opportunities and make an educated decision about a major.
- ▶ Visit the website to learn more about the exceptional programming offered by the Center.
- Lead Staff: Peggy Whaley, Director and Jennifer Smith, Assistant Director
- Website: <u>www.murraystate.edu/success</u>
- Email: <u>msu.success@murraystate.edu</u>
- Phone: 270.809.2274 or 2684
- Office: 425 Wells Hall

## First-Generation Community at Murray State

### First in the Family!

- Murray State is committed to supporting first-generation Racers and their families.
- A first-generation college student is someone whose parents or legal guardians have not completed a 4-year degree at a college or university in the United States during their formative years.
- Over 40% of our undergraduate population is first-generation
  Learn more about the support and programming offered to our first-gen Racers at <u>murraystate.edu/firstgeneration</u>

## VETERAN & MILITARY STUDENT SUCCESS



#### Main Office: 270.809.3754 or msu.va@murraystate.edu

Staff: Coordinator; School Certifying Official

#### Helpful Links

VA Education Benefits: <u>https://www.benefits.va.gov/gibill</u> Kentucky Tuition Waiver: <u>https://veterans.ky.gov/Benefits/Pages/Education-for-Veterans-in-Kentucky.aspx</u> Murray State VMSS Website: <u>https://www.murraystate.edu/military/veterans/index.aspx</u>



## RACERS HELPING RACERS FOOD PANTRY FOR STUDENTS





Blackburn Science Building Room 244 270-809-4499

#### Food Pantry:

The food pantry open from 10:00 am to 2:00 pm on Mondays, Wednesdays, and Fridays during the spring and fall semesters. Summer hours are Mondays and Wednesdays from 10:00 am -2:00 pm. No questions asked – students only need to bring their student ID (Racer Card).

#### Curbside Service:

Students may place an online, confidential food request. Students are notified by email so they can pick up their food order at the front of the Curris Center. This service is available year round. To place an order, go to this <u>link</u>.

## Great Beginnings: Begins August 9







Activities to get acquainted with campus and ease the transition into college life

Fun events for Residential and Commuter students to meet, interact, and learn from each other

Visit Racer One Stop for assistance with financial aid, Bursar, and registration

Residential college move-in and so much more! <u>www.murraystate.edu/greatbeginnings</u>

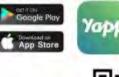


Great Beginnings Events Start August 9, 2023

## 2023 GREAT BEGINNINGS

Have all of the Great Beginnings events at your fingertips! Enable notifications to remind you of upcoming activities! Follow these steps to download the app and guide.

#### DOWNLOAD YAPP!



SCAN TO GET THE GUIDE!



## Here to help - Just ASK!

- Don Robertson, Vice President for Student Affairs and Enrollment Management, EMAIL: drobertson@murraystate.edu
- Student Engagement and Success:
  - msu.success@murraystate.edu
  - <u>murraystate.edu/success</u>
  - 270.809.2274 or 2684
- Offices: Wells Hall, Room 425
- Phone: 270.809.6831 Toll free: 1.800.909.1507

## **Division of Student Affairs**

## 425 Wells Hall

## 270.809.6831

murraystate.edu/studentaffairs

msu.success@murraystate.edu/