



Congratulations –  
You're a Mountaineer!

What's Next?









## Table of Contents

<b>Welcome</b>	<b>2</b>
<b>Enrollment Steps, Dates &amp; Deadlines</b>	<b>6</b>
<b>Student Orientation</b>	<b>8</b>
<b>Costs &amp; Financial Aid</b>	<b>16</b>
<b>Student Housing</b>	<b>22</b>
<b>Campus Dining</b>	<b>27</b>
<b>Parking &amp; Transportation</b>	<b>28</b>
<b>Clubs &amp; Organizations</b>	<b>29</b>
<b>University Recreation</b>	<b>30</b>
<b>Arts &amp; Humanities</b>	<b>31</b>
<b>Student Support</b>	<b>32</b>
<b>Wellness, Health &amp; Safety</b>	<b>35</b>
<b>Resources</b>	<b>41</b>

# Welcome to Appalachian!

As the premier public undergraduate institution in North Carolina, Appalachian State University offers incredible preparation for life and career success. We're a special combination of people and place, set in one of the country's most beautiful locations — the perfect setting to strengthen your academic focus, discover your passions, enhance your leadership skills and take the next step in your life's journey.

## **Are you ready to see the world from a Mountaineer perspective?**

### **At Appalachian, you will:**

- discover and demonstrate your passions through research or performance
- deepen your understanding of sustainability
- learn beyond the classroom
- develop as a critical and creative thinker
- engage in experiences that will increase your knowledge of global issues, regions and cultures
- create lifelong friendships with faculty and fellow students
- connect with communities at local and global levels





3rd

top public regional  
university in the South

(U.S. News & World Report, 2020)



### Congratulations, parents and families!

This is an exciting time in your student's life! Over the coming weeks and months, you're likely to have many questions. We've tried to answer as many as possible in this book, but we want you to know the Office of Parent and Family Services is here to keep you informed, engaged and supported throughout your student's time at App. Sign up for our Parent and Family Association email list to receive a monthly e-newsletter and important updates at [parents.appstate.edu](http://parents.appstate.edu).





# Boone, North Carolina

Our location in Boone, North Carolina's Blue Ridge Mountains profoundly shapes how our community lives, works and learns together. Access to diverse natural resources, unique opportunities for research and abundant cultural and recreational activities makes this a stunningly beautiful and intellectually stimulating location in which to live and learn.

## Your home away from home!

Boone is a college town in the best sense – a place where people say hello on the street and a vibrant downtown is just a block from campus. Its eclectic hub, known as King Street, features specialty shops, restaurants and cultural attractions.

The surrounding Blue Ridge Mountains attract outdoor enthusiasts year-round for hiking, skiing, snowboarding, mountain biking, cycling, fishing, kayaking, rock climbing and other activities.

Take a 10-minute drive from the heart of campus, and you'll find yourself surrounded by the beauty and variety the High Country has to offer.

- 50+ hiking trailheads within driving distance of campus
- 3 area ski resorts and terrain parks
- SafeWise.com's "50 safest cities in NC"
- *Southern Living's* "South's Best College Towns"
- *National Geographic* magazine's "Best Places to Live and Play"

### FYI:

Most popular shoes: hiking sandals, duck boots

Favorite activities on Sanford Mall: studying in hammocks (because there's free Wi-Fi there), slacklining, throwing Frisbee

Average time to walk from your residence hall to class:  
10 minutes

Where to go for a cheap date: I.G. Greer Movie Theatre,  
\$2 movie every week

Closest off-campus spots for coffee and hanging out: King St.  
and Howard St.





3,333'  
elevation



**Boone weather:**

Bring a fan for August and September, rain boots for October and November, wind-proof and waterproof winter gear for December through March and have a light jacket always handy for the rest of the year. Be sure to wear layers – the weather in Boone can change quickly!

	Average	High	Low
Spring	61°	37°	
Summer	78°	56°	
Fall	63°	40°	
Winter	44°	22°	

Average winter snow: 41.8"  
[weather.appstate.edu](http://weather.appstate.edu)



# Enrollment Steps

These are the necessary steps in your journey to becoming an official Mountaineer. Pay attention to deadlines related to each step — they're very important!

Log into your MyMountaineer Portal ([appstate.edu/mymntn](http://appstate.edu/mymntn)) to complete your enrollment steps.

## Steps

## Dates & Deadlines

### Register for Orientation

[orientation.appstate.edu](http://orientation.appstate.edu)

You can choose several date options in case your first choice is full.

*Tip: Register early for the best date selection!*

Registration Available:  
February 3

**Deadline: July 1**

### Register for Parent & Family Orientation

[parents.appstate.edu](http://parents.appstate.edu)

Parent & Family Orientation is not required but recommended for all parents and families of new incoming students. There is a separate registration process.

**Deadline: prior to your student's session or by July 1**

### Submit your housing application (or request an exemption)

[housing.appstate.edu](http://housing.appstate.edu)

Students less than one year out of high school are required to live on campus.

On-campus housing is available to new transfer students on a space-available basis. Transfer students more than one year out of high school do not need to request a housing exemption if they do not plan to live on campus.

Application Available:  
February 1

**Deadline: July 1**

### Take the Math, Calculus Readiness, or Language placement tests (if needed)

[orientation.appstate.edu/steps](http://orientation.appstate.edu/steps)

Tests Available: April 1

**Deadline: prior to your Orientation session or by July 1**

### Complete Early Registration Advising (ERA) and register for classes

[orientation.appstate.edu/steps](http://orientation.appstate.edu/steps)

ERA is your pre-Orientation course enrollment module. We encourage you to complete this step as soon as possible and certainly before Orientation. You cannot register for classes until you complete ERA.

Registration Available: April 28

**Deadline: prior to your Orientation session or by July 1**

### Submit Medical History/Immunization Record form

[appstate.edu/mymntn](http://appstate.edu/mymntn)

**Deadline: July 1**

### Select your health insurance option

[appstate.edu/mymntn](http://appstate.edu/mymntn)

**Deadline: July 1**



## Steps

## Dates & Deadlines

**Submit official transcripts** (high school and/or college)  
Office of Admissions, ASU Box 32004, Boone, NC 26808-2004

**Deadline:** prior to your  
Orientation session or August 1

**Apply for financial aid**  
financialaid.appstate.edu  
fafsa.gov  
School code: 002906

FAFSA opens: October 1  
**Priority Deadline: March 1**

If you have finalized all financial aid requirements by March 1, you will receive notifications of your financial aid award. You may still complete the FAFSA after the priority deadline but funds may be limited.

### Establish your App State email

Now that you're a Mountaineer, you've been assigned an App State email account. Here's how to set up your account:

#### Step 1: Establish your credentials.

password.appstate.edu

#### Step 2: Access your Appalachian email.

Set up your email account and access your account via mail.appstate.edu - enter @appstate.edu after your username.

Logged in to another Gmail account? Just click "Add account" in the top right or "Sign in with a different username."

*Tip: Check your App State email often for notifications from Financial Aid, Housing, Orientation and more.*

**Deadline: as soon as possible - you don't want to miss out on any important communications!**

### Request & submit supplemental scores

testing.appstate.edu  
Advanced Placement (AP), International Baccalaureate (IB), College Level Examination Program (CLEP) or Cambridge International A-AS level scores.

**Deadline: prior to your Orientation session or by July 1**

### Verify your intended major

If you want to change majors, please update your MyMountaineer Portal.

**Deadline: prior to your Orientation session or by July 1**

### Pay your fall semester tuition and fees

appalnet.appstate.edu

**Deadline: Early August**

### Order your textbooks

bookstore.appstate.edu

Available a month before classes

### Get excited for Welcome to App!

welcome.appstate.edu

August 13-16



# Student Orientation

Orientation is a required one-day program for all new undergraduate students.

## We can't wait to have you on campus!

Review Orientation dates and start planning now. At Orientation, you will:

**Explore campus** - this is a great opportunity to get the lay of the land!

**Get your AppCard**, which you'll use for everything from food purchases, health services, and library resources, to entry to your residence hall.

**Meet with an academic advisor and finalize your first semester class schedule.** If you didn't get all the classes you thought you would or you aren't sure what you still need to do to complete your class schedule, you will have personalized assistance.

Student Orientation  
828-262-2167  
[orientation.appstate.edu](http://orientation.appstate.edu)





**88%** freshman  
retention rate

(Fall 2018 first-year class returning for Fall 2019)



### **First-year Students:**

**12 sessions, June, August, 2020**

First-year Orientation is a required one-day program for first-year students. Learn about App's academic requirements, general education courses and campus resources. You will also have time to learn more about your intended major or begin the process of exploring majors.

### **Transfer Students:**

**June 1, 5, 30 and August 11, 2020**

Transfer Orientation is a required one-day program for transfer students (unless you are seeking a second bachelor's degree or are a returning student). You will have the opportunity to meet with faculty members from your academic interest area, meet with an academic advisor to review your transcript and ensure you have the most appropriate class schedule, and learn the ins and outs of App's curriculum, policies and resources.

*Transfer Tip: Have questions about transferring your credit, applying for financial aid or knowing what courses to take? Register for the Transfer Pre-Orientation Program (TPOP). Get your questions answered and meet other new transfer students during this fun (and free!) program. [orientation.appstate.edu/tpop](http://orientation.appstate.edu/tpop)*

### **Early College Students:**

**June 3, 2020**

Early College Orientation is required for first-year students from a North Carolina early college high school. If you cannot join us on our early college orientation date, please choose from any of our first-year or transfer student sessions, and email [orientation@appstate.edu](mailto:orientation@appstate.edu) with your date preference.

### **International Students:**

**August 10-13, 2020**

International Student Orientation is required for all international degree-seeking students (both students on an F1 visa status and those who have never attended a U.S. university).

### **Students starting during Summer Session:**

**May 22, 2020**

Some students choose to start taking classes during summer rather than in the fall. You will be prompted to register for the orientation session immediately preceding your summer term.



## Orientation Steps

- 1. Register for Orientation by May 15** (final deadline is July 1) in your MyMountaineer Portal ([appstate.edu/mymntn](http://appstate.edu/mymntn)). Make sure to have two or three date options available in case your first choice is full. The earlier you register, the more likely you will get your first choice date.
- 2. Complete online placement testing** (if needed). Check [orientation.appstate.edu/testing](http://orientation.appstate.edu/testing) to determine if you need to take the online Math, Calculus Readiness or Language Placement tests.
- 3. Complete Early Registration Advising (ERA)** course modules through [era.appstate.edu](http://era.appstate.edu). This 30-minute online video course will teach you how to use App's class registration system. You cannot register for classes until you complete ERA.
- 4. Register for classes.** After completing ERA, you will receive an email with your registration PIN (personal identification number). You must begin class registration prior to attending Orientation. If you have transfer credit, review your transcript evaluation at [appalnet.appstate.edu](http://appalnet.appstate.edu).
- 5. Attend Orientation.** During your required on-campus Orientation, you will meet with your academic advisor to review and adjust your class schedule. If you didn't get all the classes you thought you would or you aren't sure what you still need to do to complete your class schedule, you will have personalized assistance.
- 6. Participate in Welcome to App** from August 13-16. You will have three days of programming leading up to the start of fall semester. This extension of your summer Orientation gives you the opportunity to get more comfortable on campus, make new friends, have fun and start weaving yourself into the fabric of student life at App.

*Tip on being new in a community: If you're worried about not knowing anyone at Appalachian, remember there are hundreds of new students who won't know anyone either. You'll have the opportunity to make friends during Orientation and Welcome to App, when student leaders help you get to know other students. Set your inhibitions aside and walk up to other people to introduce yourself or start making small talk. You'll feel connected in no time!*



**Student Orientation Fee: \$120**

This fee covers all Orientation expenses, including food, Common Reading book, your Advising Planner, Welcome to App events and other materials. Final charges for new student Orientation will be billed directly to your student account as part of your overall tuition and fees for your first semester. Please note that Parent and Family Orientation has a separate registration and fee.

**Disability Accommodations:**

If disability accommodations are needed during Orientation, contact the Office of Disability Resources at least two weeks prior to your Orientation date at 828-262-3056 or [odr.appstate.edu](http://odr.appstate.edu).



## How to plan for Orientation

### What to bring:

- Casual clothing

*Pro Tip: dressing in layers is the best way to stay comfortable in Boone*

- Comfortable walking shoes
- Backpack and water bottle
- Rain gear and sweater or jacket
- Updated official (sealed) transcript(s). You can also send your official transcript(s) to Admissions prior to Orientation. Early college high school or dual-enrolled students need to submit a transcript from the college awarding credit (high school transcripts cannot be used for college credit).
- Your parents and/or family
- Your questions

### What not to bring:

- Pets
- Uncomfortable clothes and shoes
- Friends and family members not registered for Orientation

### Get credit where credit is due

Registering for classes will be much easier if you know how your credits have transferred.

1. Log into DegreeWorks ([degreeworks.appstate.edu/transfercredit](http://degreeworks.appstate.edu/transfercredit)). Review your credit evaluation and see how your transfer credit can be applied toward your degree. We call this the "degree audit."
2. Petition for Equivalent Credit (if necessary). Students may petition to have any course designated as elective credit equated to a specific App course by initiating the Transfer Coursework Petition process ([transfer.appstate.edu/petition](http://transfer.appstate.edu/petition)).
3. Learn more about Advanced Placement (AP), International Baccalaureate (IB), College Level Examination Program (CLEP) or Cambridge International A-AS level scores ([transfer.appstate.edu/credit](http://transfer.appstate.edu/credit)).



### Common Reading Program

Since 1997, new students have been asked to read a book as part of their Orientation. By participating in this program, you establish a common experience with other new students that will help develop your sense of community and kick off a part of academic life at Appalachian.

You will receive a copy of this year's book at Orientation. Make sure to read the book before Welcome to App events in August. During fall semester, the book will be required reading in your First Year Seminar class, and you will be able to participate in several events and activities related to the book and its themes.

This year's selection is Elizabeth Rush's *Rising: Dispatches from the New American Shore*, which was a 2019 Pulitzer Prize Finalist in general nonfiction.



## Parent and Family Orientation

Parents and families are invited (but not required) to attend a specialized one-day Orientation tailored specifically for parents and families of new students, which takes place at the same time as your student's Orientation program. You'll have the opportunity to meet faculty members and administrators, explore Appalachian and attend sessions covering topics from residence halls to academics to campus life.

- Register for Parent and Family Orientation on [parents.appstate.edu](https://parents.appstate.edu). Your student must register for Student Orientation first, then you may register for Parent and Family Orientation on the same date.
- Orientation fee includes a detailed resource handbook, refreshments, program materials and parking.
  - \$65 for the first parent/family member, \$45 for additional parents/family members. Fees are paid at the time of registration.
- There are many hotels and rental properties in the area. Book early for overnight accommodations as hotels closest to campus fill quickly.

### Parent and Family Services

828-262-7398

[parents.appstate.edu](https://parents.appstate.edu)

## Stay Connected!

**Parent and Family Association:** Get connected with faculty, staff and other App State families, participate in special projects and stay up to date on campus issues. There's no cost to join, and all families are automatically considered members.

**Parent and Family E-Newsletter:** Sign up for monthly updates, need-to-know information and regular updates from the Chancellor.

**Family Weekend:** Each September, parents and families are invited back to campus for a fun-filled weekend of programming. Visit [familyweekend.appstate.edu](https://familyweekend.appstate.edu) to see what's in store for this year's events.





## Extended Summer Transition Programs

Orientation covers the basics, but you can enhance your introduction to Appalachian through these optional programs.

### Trailhead Academy

The Trailhead Experience is a four-day extended orientation program that prepares incoming students for life at Appalachian. Students will create connections and relationships with peers, learn about the campus community and its resources and develop skills to be a leader on campus and beyond.

- The cost for Trailhead is \$75 and includes meals, transportation, materials and a t-shirt. Financial scholarships and registration waivers are available for eligible students.
- Trailhead begins on campus, allowing participants to learn more about buildings, resources and the town of Boone. Then they head to a retreat center in Black Mountain, NC, for fun relationship-building workshops and activities.
- Trailhead takes place the week before the fall semester begins, so participants have the opportunity to move in early, meet new friends and get a head start on life at Appalachian.
- An excellent program for students who were involved in leadership roles before their time at Appalachian, or for students who have led without a position or title and want to continue building leadership skills.
- Participants will be lead by two Trailhead Guides – one student and one university staff member – and build a small support network within the larger Trailhead group of 150 students.
- Register to attend Trailhead by July 17.

**Trailhead Academy**  
828-262-6252  
[trailhead.appstate.edu](http://trailhead.appstate.edu)





### **Leadership Education and Development (LEAD)**

Through LEAD you can discover your potential, develop your abilities to practice socially responsible leadership and dive into a community of change-makers. Leadership is one of the top ranked attributes that employers are looking for in new employees. Participate in any of our interactive conferences, institutes, workshops, classes and retreats to build your leadership skills and network with other students across campus. There is no extra cost for these programs.

- **Leadership in Action Residential Learning**

**Community:** Designed for 22 first-year students from all majors. You will live on the same floor in Cone Hall, take a course together, engage with campus and community leaders and work to create positive, sustainable change in your community.

- **Plemmons Leadership Scholars:** This four-year scholarship program engages exceptional incoming students with a commitment to leadership. Each cohort participates in courses, retreats, projects, mentoring, and out-of-the-classroom experiences to develop their abilities to become prominent student leaders at App.

- **Leadership Studies Minor:** Study the theories, practice, and application of leadership by taking a course or declaring a minor in Leadership Studies. These dynamic and engaging courses focus on dialogue, experiential and collaborative learning and problem-solving.

- **Appalachian Leadership Forum (ALF):** One-day conference geared to help you tap into your leadership potential. All students who want to enhance their leadership skills and knowledge can participate in interactive workshops, networking sessions, and a keynote lecture.

- An application or registration is required for these programs.

Leadership Education and Development

828-262-6252

[leadership.appstate.edu](http://leadership.appstate.edu)



# Cost & Financial Aid



## Financial aid

College is a valuable investment in your future. Appalachian's graduates pay off their college debt at rates that far exceed national average, and 98% of 2017-18 undergraduate alumni are employed and/or enrolled in continuing higher education programs within one year of graduation.

For nearly 71% of Appalachian students, financial aid helps make education accessible. The Office of Student Financial Aid works with students every day to make their Appalachian Experience affordable, and the staff is available to answer your questions.

The financial aid process can be overwhelming for those who have never been through it, but it's completely manageable if you know what to do.

**In 2018 Appalachian alumni  
boasted a college debt  
repayment rate**

# 20%

**above the national average**

## Undergraduate costs (2019-20)

	In-state (per year)	Out-of-State (per year)
<b>Tuition &amp; Fees</b>	\$7,710	\$22,517
<b>Standard Room</b>	\$4,620	\$4,620
<b>Standard Meal Plan</b>	\$2,794	\$2,794
<b>Total</b>	\$15,124	\$29,931

## Important to know:

- Appalachian's tuition and fees are updated each June. The 2020-21 tuition and fees will be posted at that time. Visit [studentaccounts.appstate.edu/tuition-and-fees](http://studentaccounts.appstate.edu/tuition-and-fees) for the most current cost information.
- Additional housing and meal plan options are available.
- A required health services fee of \$325 is included in the fees above. Students are required by the state of North Carolina to have health insurance. You must enroll in or waive the mandatory health insurance each semester. If the Student Health Insurance Plan is needed, add \$2,587.76 to total cost above. Students without health insurance will be auto-enrolled in the Blue Cross Blue Shield (BCBS) Student Blue plan and billed accordingly each semester.



### Start with the Free Application for Federal Student Aid (FAFSA)

The FAFSA is your one-stop application for federal and state grants, as well as optional student loans from the Department of Education. The FAFSA uses household information and tax data to determine your eligibility for various financial aid programs. [studentaid.gov](http://studentaid.gov)

1. In order to complete the FAFSA, you and at least one parent will each need to create a username and password from [fsaid.ed.gov](http://fsaid.ed.gov). You'll use the same information every year when you renew your application, so put it in a safe place!
2. After you have your username and password, go to [FAFSA.gov](http://FAFSA.gov) to begin your application. The 2020-2021 application will ask questions about your current household and the 2018 income of you and your parent(s). We recommend using the IRS Data Retrieval tool. This tool securely transmits tax data from the IRS to your FAFSA for you.
3. Once you have completed the FAFSA, you and your parent(s) will use your FSA ID information to sign and submit your information electronically. You will get an email confirmation immediately and in about two weeks you will receive another email with a summary of your application (this is called your Student Aid Report, or SAR). Be sure to review this carefully to check for errors.

*Pro Tip: If you made a mistake, you can always log back in, update your FAFSA, and resubmit at any time.*

### Were you selected for verification?

About one-third of FAFSAs are selected for a process called verification. This is a standard procedure that helps the Department of Education ensure they are collecting the correct information. We are required to complete the verification process before we can offer your financial aid. If you are selected, we will send you an email with instructions and details on the documents we need.

### VA education benefits

For a decade, Appalachian has held the Military Friendly® School designation awarded by VIQTORY in recognition of its efforts in helping military-affiliated students thrive on campus and in the surrounding community.

If you or a parent served in the military, you may be eligible for VA education benefits. To certify your eligibility, go to [va.gov/education/how-to-apply](http://va.gov/education/how-to-apply) and click on "Find your education benefits form." After you have completed this form, contact the Office of Student Financial Aid for your next steps. For information on military and veteran benefits, visit [financialaid.appstate.edu](http://financialaid.appstate.edu) and click on the Veteran & Military icon in the Resource menu.





## Your financial aid offer

The Office of Student Financial Aid will send you important updates and information through your @appstate email and AppalNet. Be sure to check both regularly. Financial aid offers are posted on AppalNet. You will receive an email notification when your offer is available. You should view and make a decision on your offer as soon as possible.

## Understanding your offer

Financial assistance comes in several forms and you may have more than one type of aid available to you.

### Common terms you'll need to know:

**Cost of Attendance (COA):** The Cost of Attendance is an estimate designed to help you determine what it may cost to attend Appalachian for an academic year. The COA (sometimes referred to as a "budget") is not a final bill but an estimate of educational expenses. This budgeting tool is based on full-time enrollment (12+ hours) and includes direct and indirect costs.

**Direct costs** are billed by the university and include expenses such as tuition, fees, standard room and meal plan and health insurance. Students are required to have health insurance but may opt out if covered under an approved plan.

**Indirect costs** are expenses you will likely incur but will not pay to the university. Indirect costs vary from student to student and may include off-campus housing, transportation to campus and elective expenses (examples include: clothing, food and personal hygiene items).

**Grants:** Financial aid funds that do not have to be repaid and are awarded based on financial need. Students can apply for state and federal grants by completing the FAFSA.

# 98%

of 2017-18 undergraduate alumni are employed and/or enrolled in continuing higher education within one year of graduation

**Scholarships:** need- or merit-based awards that are earned by students and require individual applications. Some scholarships may be renewable year to year if the student meets the necessary criteria.

**Institutional scholarships** are available to new, transfer and returning students. Each year, Appalachian awards more than \$4 million to students based on need and academic achievement and enrolls hundreds of students into Selective Academic Programs. Information is available at [scholarships.appstate.edu](http://scholarships.appstate.edu).

**North Carolina residents** may be eligible for state scholarships at [CFNC.org](http://CFNC.org) and [nccommunityfoundation.org](http://nccommunityfoundation.org).

**Outside scholarships** are awards from any non-state, non-institutional source. We recommend starting your search locally. Civic and religious organizations often offer scholarships. Occasionally companies offer scholarships for dependents of their employees, so check with your parent's place of work. If you are interested in a specific field, investigate businesses within that field.

**Federal Student Loans:** Federal student loans are funded by the federal government. Depending on eligibility, you may be offered two types of federal student loans:

**Subsidized loans** are need-based and do not accrue interest as long as the student is enrolled in at least 6 credit hours.

**Unsubsidized loans** are not considered need-based aid. These loans accrue interest upon disbursement. Both types of loan offers can vary from year to year and are dependent on FAFSA information, cumulative credit hours earned and student loan borrowing history.

**Private Student Loans:** Private student loans are offered by a lender such as a bank, credit union, or a state agency. Loans must be paid back – often with interest – and require an independent application and credit check.

**Federal Work-Study:** Awarded as part of the financial aid package to students demonstrating financial need. Once awarded, all available work-study jobs can be found through Handshake. Paid directly to the student via paycheck rather than paying toward the semester bill.





## What's next?

### Review and accept your financial aid offer

Sign in to your AppalNet Portal ([appalnet.appstate.edu](http://appalnet.appstate.edu)) to review and accept your official financial aid.

If you choose to accept loans, you will need to complete 2 extra steps: Entrance Counseling and a Master Promissory Note. Both are available to complete at [studentloans.gov](http://studentloans.gov) when you log in with your FSA ID and password.

*Pro Tip: New to budgeting? The Department of Wellness and Prevention Services can help. Visit [wellness.appstate.edu](http://wellness.appstate.edu) for information on financial planning. Budgeting resources are also available at [financialaid.appstate.edu/financial-literacy](http://financialaid.appstate.edu/financial-literacy).*

### Consider granting access to your information

Students can authorize access for two parents or guardians through the AppalNet Portal. In accordance with the Family Educational Rights & Privacy Act of 1974 (FERPA), Appalachian and the Office of Student Financial Aid are not able to provide any student record information to anyone without the express permission of the student.

To give a parent or family member access to your information:

1. Visit [appalnet.appstate.edu](http://appalnet.appstate.edu) and log in using your AppalNet account information.
2. Click on the "Student" tab and select "Parent Access" from the menu.
3. Enter the full name and a current email address for up to two people.
4. Assign a 6-digit, numbers-only PIN. If you are adding two people, they will share the same PIN.
5. Select the areas to which you would like to give access and click "Submit." For authorized family members: When contacting an office on behalf of your student, please have your student's full name, Banner ID number and your PIN handy. The university will need this information in order to properly assist you.



Our financial aid counselors are here to help.

**Office of Student Financial Aid**  
**Room 265 | John E. Thomas Hall**  
**828-262-2190**  
**[financialaid.appstate.edu](http://financialaid.appstate.edu)**

Walk-in hours:  
 Monday, Tuesday, Thursday, Friday: 9 a.m. - 5 p.m.  
 Wednesday: 10 a.m. - 5 p.m.



**Pay your bill**

Bills are sent to your App State email account in July (for fall semester) and November (for spring semester). The Office of Student Accounts can provide information on monthly payment plans and payment methods.

Office of Student Accounts  
 828-262-2113  
[studentaccounts.appstate.edu](http://studentaccounts.appstate.edu)

**Rent your textbooks**

Save hundreds of dollars through the University Bookstore’s textbook rental system. For most undergraduate courses on campus, you can utilize the rental program for at least one book per course.

University Bookstore  
 828-262-3070  
[bookstore.appstate.edu](http://bookstore.appstate.edu)



four- and six-year graduation rates exceed the national average by more than

**10%**



# Student Housing

## On-Campus Housing

All new first-year students and transfer students less than 12 months out of high school or an early college high school are required to live on campus, unless granted an exemption by University Housing. The educational programming, intentional community building and additional contacts with trained residence hall staff contribute to Appalachian's stellar first- to second-year retention rates.

Transfer students more than 12 months out of high school who are interested in living on campus should apply as early as possible, as there is limited on-campus housing for those who are not required to live on campus.

University Housing  
Room 321 | John E. Thomas Hall  
828-262-2160  
[housing.appstate.edu](http://housing.appstate.edu)



### Apply for on-campus housing by July 1

- **Complete your Housing Application** in the University Housing portal.

Prior to June 1, you may make changes to any portion of your housing application. Roommate Selection and Search Roommate Profiles options will close on June 1.

- **Housing assignments** and contact information for your roommate will be emailed in mid-to-late July.

When completing your housing application, you will be able to indicate preferences of co-ed or single gender hall, roommate and Residential Learning Community.

If you do not choose to live with someone you know or select someone from the online student profiles, you will be paired with a roommate who closely matches the preferences you selected on your housing application.

*Pro Tip: To help increase the likelihood of a compatible roommate, add your hobbies, interests and other information to the comments section of your housing application. Make sure your profile settings are set to searchable!*







### About the Residence Halls

Appalachian has 21 residence halls on campus with nearly 6,100 residents. Living on campus puts you within walking distance of campus resources, including classes, faculty offices, dining, recreation facilities and the library.

### Residential Learning Communities (RLCs)

Residential Learning Communities provide students with a unique opportunity to live and learn with others who have similar interests. With over 15 RLCs on campus, you'll find several interests to choose from, including service, sustainability, language and culture, outdoor activities, education, health and more.

### Housing costs

On-campus housing costs for the 2020-21 academic year include rent, wired and wireless internet access, utilities and maintenance. Visit [housing.appstate.edu](http://housing.appstate.edu) to view detailed rate information.

### Accommodation requests

Students are encouraged to complete the accommodation request process as early as possible to ensure the timely provision of accommodations. Submit requests online: [odr.appstate.edu](http://odr.appstate.edu).

### What will my room look like?

Check out photos of real rooms and view residence hall features and room amenities under the Residence Halls tab on our website.

Rooms are furnished with twin beds (80" extra long mattresses), dressers, desks (may be a combo unit), desk chairs and a closet or wardrobe.

### Some items you may want to bring:

- Computer
- Trash can
- Dry-erase message board
- Television
- Desk lamp
- Headphones
- Bed linens, pillows, blankets
- Clothes hangers
- Shower shoes
- Free-standing fan
- Free-standing bookshelf
- Stackable storage bins
- Microwave and small refrigerator (one of each permitted per room)

Some of our traditional residence halls on campus provide a MicroFridge (a combination microwave/refrigerator unit) as a standard room amenity. If one is not provided, you may rent one.

*Roommate tip: Communicate with your roommate on what each of you will bring for the room - it can save you both money and is a great way to get to know each other.*

*Pro Tip: Save time by going to [laundryview.com](http://laundryview.com) before hauling your clothes down the hall. The website will show you an animated layout of your residence hall's laundry room so you can monitor whether there is an open machine. Don't want to wait around for your laundry to finish? You can also set up notifications to alert you when your laundry is done.*



### Move-in Day

Appalachian's move-in days are fun for the entire campus! Hundreds of faculty, staff and students volunteer to make move-in smooth and seamless.

New incoming students will receive an email in mid-July with housing assignments and specific move-in details. You will be assigned to one of two move-in days:

**Move-in Day 1: August 12, 2020**

**Move-in Day 2: August 13, 2020**

When you arrive at your assigned residence hall, volunteers will assist in unloading your vehicle and getting belongings into residence halls. **This is a "stop and drop" time. It is important to label every box, bag, and loose item with your name, room number and residence hall, as you will likely not be carrying everything that belongs to you to your room.**

#### Packing Tips:

- Pack in small boxes and bags.
- Soft items packed in bags are easier to carry and pack.
- Label every box, bag, and loose item with your name, room number and residence hall.
- Bring plastic to protect boxes and other items in the event of rain.

*Pro Tip: Shop the BIG Sale on August 15 at Legends, where you can buy gently used items - from furniture to storage bins to school supplies - at rock-bottom prices. Proceeds benefit local nonprofits and energy efficiency initiatives.*





## Off-Campus Housing

Approximately two-thirds of App students live off campus in Boone and the surrounding area. Off-Campus Student Services, in partnership with the Student Legal Clinic, provides connections to off campus housing resources and individual consultations regarding landlord-tenant issues.

Off-Campus Student Services and  
Student Legal Clinic  
Room 324 | Plemmons Student Union  
828-262-8284  
[offcampus.appstate.edu](http://offcampus.appstate.edu)

Boone has a variety of rental properties geared toward students. As you begin your search:

- Think about what you want in a housing situation and consider location, cost, quality and type of housing.
- View the property.
- Find out how close your property is to an AppalCART route.
- Research what's included (utilities and services) in the monthly rent.
- Understand the difference between a joint (all tenants considered responsible for the rent) or individual (you are only responsible for your share of the rent) lease.



# Campus Dining



From local food options to the very popular BFD (breakfast for dinner) and plant-forward plates, to “worry free” ways to meet dietary restrictions, you’ll have an abundance of options at App.

Students can dine in our three dining halls, study or meet up in on-campus coffee shops, snack from our grab-and-go options and grocery shop at our on-campus markets.

**Meal Accounts** operate on a declining balance and can be used to purchase any food item on campus.

- Students living on campus are required to have a meal account. You will sign up when you register for housing.
- Students living off campus can sign up for a meal account by contacting the AppCard Office.

**Express Accounts** are optional accounts used for non-food items on campus.

- This account is most commonly used for laundry in dorms, printing in computer labs, Health Services charges and Bookstore purchases.
- Students living off campus can use Express Account funds for on-campus food purchases.
- If a student exhausts their Meal Account, it is encouraged that they use Express Account funds for the remaining semester. Express Accounts roll over year to year.

Campus Dining  
828-262-3061  
dining.appstate.edu

AppCard Office  
828-262-6141  
appcard.appstate.edu

## AppCard

You’ll use your AppCard for everything from food purchases, health services, and library resources, to entry to your residence hall.

## Declining Balance

Declining balance means that meal accounts act as a debit account where students spend their funds on dining options that are priced a la carte.

# 26%

of food served on campus comes from local sources



# Parking & Transportation

## Parking & Transportation

Students may bring a car to campus but parking is limited. **If you plan to bring a car, register for a parking permit in July.** It is important to register as soon as you can since spots fill up quickly.

Consider joining Appalachian's Carbon Neutral Commuter program to offset your travel emissions for an additional \$8 charge. Or buy a CNC sticker for a friend and offset their commute! This program will not eliminate your tailpipe emissions, but it will reduce the regional carbon footprint by the same amount.

Parking & Transportation

828-262-2878

[parking.apstate.edu](http://parking.apstate.edu)

## Getting Around

There are transportation options on campus and around Boone besides taking a personal vehicle.

**AppalCART:** free local bus service

**Bike:** free repair stations, pumps and racks on campus

**Sunway Charters Bus Service:** daily routes to Winston-Salem and Charlotte



# Clubs & Organizations

Get involved and seek opportunities to discover your passions, develop valuable leadership skills and create lifelong bonds and friendships.

## Find your community

Clubs and organizations are an important part of the Appalachian Experience. With **more than 400 clubs and organizations**, there are many ways to get involved and effect meaningful change in your community. Enjoy Greek life, join the ski team, join a faith-based organization, gain a deeper understanding of your major or industry, sing a cappella, help plan a diversity celebration or participate in Blue Ridge Parkway preservation. If you don't see a student club or organization that speaks to you, you can start one!

**Attend Club Expo:** Student clubs and organizations come together at the beginning of each semester to showcase exciting opportunities on campus and in the Boone community.

**Log into AppSync:** Your one-stop connection to engagement and leadership opportunities at App.



Campus Activities  
Room 224 | Plemmons Student Union  
828-262-6252  
[campusactivities.appstate.edu](http://campusactivities.appstate.edu)





# University Recreation

Whether you're a student-athlete, a Mountaineer fan, an outdoor enthusiast, looking to play for fun, wanting to get or keep fit or any or all of the above, University Recreation has plenty to offer.



## What's your sport?

**Aquatics:** Jump into our 50-meter pool at the Student Recreation Center.

**Club Sports:** Compete against other schools at the club and junior varsity level.

**Fitness:** Get moving with group fit classes, small group training, personal training and more.

**Intramural Sports:** Compete against your peers in a friendly, structured environment.

**Outdoor Programs (OP):** Explore forests, paddle rivers, climb rocks and discover the outdoors. From three-hour team-building experiences to 55-day international expeditions, state-of-the-art indoor climbing center to rental gear for your own adventure, OP has something for everyone.

**Varsity Sports:** Cheer on the 450+ student-athletes who compete in 20 NCAA Division I varsity sports. Students receive complimentary tickets to all games!

## Recreation facilities

**Student Recreation Center (SRC):** 120,000-square-foot building that houses a 50-foot climbing wall, an indoor walking/running track, weight room and an indoor 50-meter swimming pool.

**Mt. Mitchell Fitness Centre:** This facility includes a weight room, cardio room and a multipurpose area for aerobic fitness classes.

**Quinn Recreation Center:** This facility includes racquetball courts, weight room, cardio room and multipurpose area for aerobic fitness classes.

**State Farm Fields:** 24-acre complex with a picnic area and three softball fields. You can also connect to Boone's Greenway. The fully accessible trail welcomes walkers and runners, cyclists and wheelchairs, strollers and hikers.

**Broadstone:** Multifaceted outdoor education facility with an alpine tower, high ropes course, group interaction course, team-building course, climbing wall, picnic area and field.

**Outdoors:** Appalachian is surrounded by 2.2 million acres of national forests and parks begging to be explored. You can find world-class mountain biking, kayaking and climbing a short distance from campus.

# Arts & Humanities

Appalachian presents vibrant arts and humanities programs that enrich the cultural and intellectual climate of the campus and region.



## Art for Life

Grab a friend and join us for an event, performance, exhibition, or workshop - you can find something almost every day of the year.

[appstate.edu/arts](http://appstate.edu/arts)

- 600+ arts and humanities events on campus annually
- 6 free student workshops each week at the Turchin Center
- 10 departments offer degree tracks in arts or humanities
- 14 exhibition and performance venues on campus
- 30+ visual and performing arts student clubs and organizations
- The Hayes School of Music is home to a student-run independent record label
- Free or discounted student tickets at visual arts and performance venues across campus



Photo by Lynn Willis



# Student Support

Appalachian has the resources and support students need to stay focused and on track – academically, financially and personally.

## Resources

### Computers

With our extensive resources and computer experts, we'll have you up and running in no time. Contact IT Support Services for answers to all of your technology related questions (even the ones you didn't know you had).

IT Support Services  
Room 140 | Anne Belk Hall  
828-262-6266  
[support.appstate.edu/students](http://support.appstate.edu/students)

#### Buying a computer or software?

While it is not required for students to have their own computer, it is strongly recommended. IT Support Services works closely with the University Bookstore to configure Apple and Dell computers that have been selected to meet the needs of Appalachian students. Educational discounts are available.

#### Bringing a computer?

Make sure it meets minimum requirements so you can access Appalachian's network.

#### Not bringing a computer?

Appalachian has 2,000 public computer workstations throughout campus, as well as laptops for check out in Belk Library and Information Commons. These Windows and Apple computers have a variety of word processing, spreadsheet, graphics, presentation and statistical software.

*The Department of Sustainable Technology and the Built Environment has its own set of computer recommendations for students in its programs.*



Appalachian's overall retention rate exceeds the national average by nearly

20%



### Disco Student Learning Center

The Disco Student Learning Center offers academic resources that will complement and enhance classroom experiences by helping students become acquainted with their studies and learn how to learn effectively. "D.D.," or Dauphin Disco, was one of the three who, in 1899, founded Watauga Academy – known as App State today. The word disco is Latin for learn, so whether you are struggling with a class or just need a little extra help to keep that A, check out the Disco.

Disco Student Learning Center  
D.D. Dougherty Hall  
828-262-2291  
[studentlearningcenter.appstate.edu](http://studentlearningcenter.appstate.edu)

- **Academic Strategy Instruction** teaches students how to build academic success skills through courses, workshops, and individual consultations. Topics include time management, effective learning strategies, reading efficiency, test taking, and organization.

*Pro Tip: Many students discover studying for courses at App is very different from studying for high school or community college courses. Strategy instruction can ease your transition and build your confidence!*

- **Tutoring Services** provides academic support for coursework in a number of campus settings via qualified and well-prepared undergraduate peer tutors.

*Pro Tip: Tutoring is not just for students who are struggling. It's also a great way to help ensure you get that grade you are going for!*

- **As-U-R** is an intensive student support program focused on supporting students with executive function challenges (EFCs).
- **ACCESS Scholars Program** is a university sponsored program for students from low-income backgrounds. Selected students receive comprehensive academic and personal support as well as the opportunity to graduate free of student loan debt.





- **Academic Services for Student-Athletes (ASA)** provides a comprehensive range of academic advising, support and eligibility oversight and works closely with individual students, teams and coaches of varsity sport programs. ASA promotes academic excellence and the core value that participants are students first and athletes second.
- **Student Support Services (SSS)** program serves first-generation and/or low-income students via academic development, advising, and social programs and activities. The goal of SSS is to ensure comprehensive support that leads to a college degree.

### University Writing Center

The University Writing Center is a free resource available to all App State students. Experienced writers and attentive readers serve as consultants who will work with students one-on-one.

Whether you need a second pair of eyes on an essay for a class, assistance finding sources for your research paper, the Writing Center is available to you!

University Writing Center  
Room 204 | Belk Library  
828-262-3144  
writingcenter.appstate.edu

### Jobs & Internships

The Office of Student Employment and the Career Development Center assist students in finding part-time job opportunities - on and off campus.

**Handshake:** Online career services portal that provides easy access to job and internship postings, on-campus recruiting, career fairs, employer contact information and scheduling coaching appointments.

**Federal Work-Study:** Awarded as part of the financial aid package to students demonstrating financial need. Once awarded, all available work-study jobs can be found through Handshake.

**Odd Jobs:** Subscribe to our Odd Jobs Google Group to receive posts about one-time job opportunities such as moving, yard work, etc.

**Career Development Center:** Services include job and internship search assistance, resumé review, interview preparation, career coaching and more.

*Pro Tip: No matter what kind of job you have while in college, we suggest working no more than 20 hours a week when classes are in session.*

Office of Student Employment  
Room 329 | John E. Thomas Hall  
828-262-4099  
studentemployment.appstate.edu

# Wellness, Health & Safety

It's Appalachian's top priority to provide a safe and healthy environment for students, faculty and staff, because wellness, health and safety are central to your ability to focus on your education.

## Appalachian Cares

Appalachian Cares is your source for wellness, health and safety information, resources and support for the campus community. Appalachian offers many dedicated resources on our campus to help you navigate the challenges of student life. This is a good place to start.

[appcares.appstate.edu](http://appcares.appstate.edu)

## Student Health & Wellness

There are many resources on campus to help students navigate their years at App safely and successfully. Many of these, including Health Service, Counseling and Psychological Services and the Office of Wellness and Prevention Services, are located in the Miles Annas Student Support Building. Resources and services include direct clinical services, education and training.

## Health Service

The Mary S. Shook Student Health Service is a primary care campus health clinic helping meet the needs of App students.

- Pharmacy
- Laboratory
- X-Ray and Radiology
- Women's Health
- Vaccine and Travel Medication
- Men's Health
- Injury Clinic
- Allergy Clinic
- Immunization Clinic
- LGBTQ+ Health

**M.S. Shook Student Health Service**  
**614 Howard Street | Miles Annas Building**  
**Appointments: 828-262-6577**  
**Insurance: 828-262-7463**  
**Medical Records: 828-262-6578**  
**Laboratory: 828-262-6956**  
**healthservices.appstate.edu**







### Immunization & Medical Records

Before attending classes and living in university housing, students must provide an immunization record. Submit your immunization record and health history form by July 1.

There are several ways to submit your records:

- **MedPortal:** medportal.appstate.edu
- **Email:** immunizations@appstate.edu
- **Fax:** 828-262-6958
- **Mail:** Health Service  
ATTN: Medical Records  
ASU Box 32070  
Boone, NC 28608-2070

### Health Insurance

Students are required to have health insurance. You must enroll in or waive the mandatory health insurance each semester. Students are automatically charged for the Student Health Insurance Plan when they register for classes and must provide proof of insurance in order to reverse the cost.

### Counseling and Psychological Services Center

The center assists the Appalachian Community in maximizing the personal growth and development of its members. Services focus on education, prevention, remediation and crisis management. These services help students resolve personal difficulties and acquire the attitudes, abilities and knowledge that will enable them to be successful and take full advantage of their college experience.

**Counseling & Psychological Services Center**  
614 Howard Street | Miles Annas Building  
828-262-3180  
counseling.appstate.edu

### Department of Wellness and Prevention Services

This department serves all students through the promotion of healthy behaviors, risk behavior modification services, and advocacy for campus-wide health policies, which facilitate student success and holistic well-being.

**Wellness & Prevention Services**  
614 Howard Street | Miles Annas Building  
828-262-3148  
wellness.appstate.edu

### Office of Disability Resources (ODR)

Appalachian is committed to accommodate otherwise qualified individuals with disabilities by making reasonable modifications in its services, programs, or activities.

ODR is the designated office to assist eligible students, faculty, staff and visitors with disabilities by determining access needs and coordinating academic adjustments or workplace accommodations in accordance with the Americans with Disabilities Act and section 504 of the Rehabilitation Act.

Students are encouraged to complete the accommodation request process as early as possible to ensure the timely provision of accommodations.

**Office of Disability Resources**  
Room 112 | Anne Belk Hall  
828-262-3180  
odr.appstate.edu





# Public Safety

Appalachian is not a community of bystanders; rather, we stand up to ensure the safety of our students and others. We take seriously our individual roles to be a concerned and compassionate member of this community.



## Appalachian Police Department (APD)

The Appalachian Police Department works in partnership with the campus community to prevent crime, solve problems and improve the quality of life on campus.

The department's philosophy is one of proactive community engagement, collaboration and customer service, holding the safety and health of App's community members as its top priorities. State-certified police officers, security officers and civilian employees compose the department, and this team of professionals helps to create and maintain an inclusive sense of belonging for all members of the Appalachian Community.

Appalachian Police Department  
461 Rivers Street  
Rivers Street Parking Deck  
Emergency: 828-262-8000  
Non-Emergency: 828-262-2150  
[police.appstate.edu](http://police.appstate.edu)



## Environmental Health, Safety & Emergency Management (EHS&EM)

Appalachian is committed to maintaining a safe campus community. The Department of Environmental Health, Safety, and Emergency Management works in coordination with other departments to build a safe and prepared campus and holds the primary responsibility for environmental health, safety and emergency management functions across campus. The vision of EHS&EM is to increase resiliency and preserve the Appalachian mission as a recognized campus leader and resource for environmental health, safety and emergency management.

Environmental Health, Safety and Emergency Management  
1039 State Farm Road  
Business Services Building  
828-262-4008  
[emergency.appstate.edu](http://emergency.appstate.edu)





### Appalachian Safety App

In a medical or life emergency, you should ALWAYS call 911 or 828-262-8000. However, the Appalachian Safety App can turn your phone into an additional personal safety device.

#### The app offers two services:

**RAVE Guardian:** You can set a safety timer to notify people you trust to check in on you if you are alone or in an unfamiliar place. If the safety timer function is not deactivated before it expires, APD is automatically provided with the user's Rave Guardian profile to proactively identify and check in on the individual.

Download RAVE Guardian from the app store:

iPhone users



Android users



**RAVE Eye Witness:** This is an anonymous, two-way tip texting service. This should not be used to report medical or other emergencies, but it is a method to report safety concerns and suspicious activity to APD. To text APD, text appstatetip followed by your message to 67283.





### AppState-ALERT System

AppState-ALERT is the 24/7 emergency messaging system designed to provide timely information in the event of a campus emergency.

- **How does AppState-ALERT work?**

In the event of a campus emergency, emergency notifications will be distributed to students, faculty and staff members using any or all of the following methods:

**Text Messaging** to all cell numbers registered with AppState-ALERT as "Emergency Cell-Text."

**Voice Messaging** to all cell numbers registered with AppState-ALERT as "Emergency Cell-Voice."

**Email** to every appstate.edu email address.

**Web** notifications will be posted on appstatealert.com.

Register for AppState-ALERT:  
[emergency.appstate.edu](http://emergency.appstate.edu)

**Note for Parents & Families:**

AppState-ALERT text and voice notifications are for students, faculty and staff only. Visit [appstatealert.com](http://appstatealert.com) for official updates from the university.



### Mountaineer Safe Ride

Mountaineer Safe Ride is a campus safety escort service operated by the Appalachian Police Department. Students who need a safety escort to or from any campus-owned building or parking lot during fall and spring semesters can call 828-262-RIDE.

**Operating Schedule**

9:45 p.m.-2:45 a.m.

7 days per week (excluding university holidays and both summer sessions)



### Blue Light Emergency Phone Locations

[maps.appstate.edu](http://maps.appstate.edu)

Click on the "health and safety" layer.

### Snow Line

Campus closings and delays  
828-262-SNOW

### Tips, Events, Campus Closures & Delays:



@appstatepolice  
@readyappstate

Appalachian Police Department  
named among top

25

in the nation for student safety

# Tips for Students & Families

When you transition to college, families experience significant changes. We have compiled some tips to assist with the ups and downs of the first year.



## Keep it Open

Openly discuss any concerns or fears you and your family have before leaving for college. Talk about your expectations related to academic achievement, financial responsibility, safety precautions and how you'll hold each other accountable.

## Stay in Touch

Maintaining a healthy balance of communication helps you build independence while also providing you with an important connection to home. We suggest discussing expectations about regular communications with your families.

- How often can we expect to be in touch?
- Do we want to schedule weekly phone calls/video chats?
- When can you visit me on campus this semester?
- What weekends or breaks do you plan on coming home? What rules will apply (curfew, chores, spending time with old friends, etc.)?

## Build a Support System

College friendships and professional relationships can last a lifetime. Develop friendships, build a support system outside your family and take advantage of professional development opportunities, extracurricular activities and campus life.

- Do you plan on inviting roommates or friends home?
- What are you planning to do outside your class time?
- What involvements interest you?
- What internship opportunities have you considered?

## Prepare & Plan

One of the most important discussions you can have with your family is to develop a safety plan. In the event of an emergency, it will be critical to have a plan in place so you and your family are operating from the same set of expectations. Work together to develop a list of emergency contacts and supports you can call upon and utilize in case they are needed.



# App State *Lingo*

For new students, in addition to getting to know campus, meeting friends and locating your favorite study spot, there's an App State language not offered in the classroom, but learned by Mountaineers nonetheless. Get your word on and you'll be a Boonie before you know it.

**AppalNet:** Direct access to grades, class registration, parking, housing, financial aid and billing info.

**AppCard:** The most important thing in your wallet. The AppCard serves as your campus photo ID card.

**Club Expo:** A must-go-to event for discovering how to get involved on campus.

**Convocation:** Appropriately held in the Holmes Convocation Center, this traditional gathering welcomes first-year students at the beginning of the year.

**Dave by the Bell:** Sometimes fun, sometimes serious podcast of impromptu conversations with students about topics both timely and topical.

**The Disco:** "The Disco" is a little nerdier at App. It's the name for the Student Learning Center, housed in the Dauphin Disco Dougherty Building. "D.D.," or Dauphin Disco, was one of the three who, in 1899, founded Watauga Academy - known as App State today. The word disco is Latin for learn, so whether you are struggling with a class or just need a little extra help to keep that A, check out the Disco.





**Hammocking:** Some say App State made this a verb. Take a stroll on campus and you'll see dozens of hammocks strung between trees.

**Howard's Knob:** (Technically "Howard Knob" but everyone calls it Howard's Knob) This downtown peak is the highest point in Boone – a good hike, bike ride (or for those less inclined, a short car ride) that offers a great view from the top. Go up from West King Street and keep climbing.

**PSU:** PSU stands for Plemmons Student Union. It features a game room, movie theater, fitness center, McAlister's Deli and Cascades Cafe, the Listening Corner, tons of meeting and club rooms and an ATM. (Senior tip: Order a McAlister's Spud with a strawberry lemonade.)

**The Rock:** Appalachian's football stadium. Go 'Neers!

**Saferide, AppalCART and Night Owl:** All of these will get you where you need to go but under different circumstances. Safe Ride is a campus safety escort service provided by Appalachian Police Department for individuals who need a safe escort from one place on campus to the next. AppalCART is a free bus service that operates in and around Boone during day and evening hours. AppalCART runs Night Owl – an extended late-night bus service that runs Thursday-Sunday.

**Slacklining:** If you don't know what it is, you will after your first sunny day on Sanford Mall. Try balancing along a length of suspended flat webbing suspended just above the ground between two trees – that's the essence of slacklining.

**Uphill both ways:** How alumni like to describe their walks to class in the snow to current students.

**Yosef:** The university's beloved mascot since 1942. Get yo-sef over to Rivers Street and see the 6-foot-6-inch tall statue of Yosef in bronze.



# Key Contacts

Have questions? Contacts listed below are ready to help!

## Admissions

First Floor  
John E. Thomas Hall  
admissions.appstate.edu  
828-262-2120

## Academic Advising

D.D. Dougherty Hall  
advising.appstate.edu  
828-262-2167

## Appalachian Cares

(wellness, health and safety info)  
Anne Belk Hall  
appcares.appstate.edu  
828-262-6156

## Appalachian & the Community Together

Room 138  
Plemmons Student Union  
act.appstate.edu  
828-262-2545

## AppCard Office

Trivette Hall  
appcard.appstate.edu  
828-262-6141

## AppalCart (free bus service)

appalcart.com  
828-297-1300

## AppalNet

appalnet.appstate.edu  
828-262-6266

## Appalachian Police Department

Rivers Street Parking Deck  
police.appstate.edu  
Emergency: 828-262-8000  
Non-Emergency: 828-262-2150

## Belk Library & Information Commons

library.appstate.edu  
828-262-2186

## Bookstore

Plemmons Student Union  
bookstore.appstate.edu  
828-262-3070

## Campus Activities

Room 224  
Plemmons Student Union  
campusactivities.appstate.edu  
828-262-6252

## Campus Dining

campusdining.appstate.edu  
828-262-3061

## Career Development Center

Third Floor  
John E. Thomas Hall  
careers.appstate.edu  
828-262-2180

## Counseling & Psychological Services Center

First Floor  
Miles Annas Building  
counseling.appstate.edu  
828-262-3180

## Environmental Health, Safety and Emergency Management

Rivers Street Parking Deck  
emergency.appstate.edu  
828-262-4008

## Financial Aid

Second Floor  
John E. Thomas Hall  
financialaid.appstate.edu  
828-262-2190

## General Education

Room 250  
Anne Belk Hall  
generaleducation.appstate.edu  
828-262-2028

## Health Services

Miles Annas Building  
healthservices.appstate.edu  
828-262-3100  
After-hours nurse: 828-262-3100  
Appointments: 828-262-6577  
Insurance: 828-262-7463  
Medical Records: 828-262-6578

## Honors College

Appalachian Hall  
honors.appstate.edu  
828-262-2083

## Intercultural Student Affairs

Room 255  
Plemmons Student Union  
multicultural.appstate.edu  
828-262-6158

## International Education & Development

Suite 321  
Plemmons Student Union  
international.appstate.edu  
828-262-2046

## IT Support Services

Room 140  
Anne Belk Hall  
support.appstate.edu  
828-262-6266

## Night Owl

(late night free bus service)  
appalcart.com/night-owl-service  
828-297-1300

**Off-Campus Student Services and Student Legal Clinic**

Room 324  
Plemmons Student Union  
offcampus.appstate.edu  
828-262-8284

**Office of Disability Resources**

Suite 112  
Anne Belk Hall  
odr.appstate.edu  
828-262-3180

**Office of Student Research**

Suite 251  
Plemmons Student Union  
osr.appstate.edu  
828-262-7655

**Office of Student Success**

Room 238  
I.G. Greer Hall  
studentsuccess.appstate.edu  
828-262-6987

**Office of Sustainability**

First Floor  
East Hall  
sustain.appstate.edu  
828-262-2659

**Office of Transfer Services**

Suite 130  
John E. Thomas Hall  
transfer.appstate.edu  
828-262-7877

**Orientation**

orientation.appstate.edu  
828-262-2167

**Outdoor Programs**

Student Recreation Center  
op.appstate.edu  
828-262-4077

**Parent and Family Services**

Room 324  
Plemmons Student Union  
parents.appstate.edu  
828-262-7398

**Parking & Transportation**

Rivers Street Parking Deck  
parking.appstate.edu  
828-262-2878

**Post Office**

First Floor  
Miles Annas Building  
postoffice.appstate.edu  
828-262-2242

**Registrar's Office**

John E. Thomas Hall  
registrar.appstate.edu  
828-262-2050

**Student Accounts (Billing)**

Second Floor  
John E. Thomas Hall  
studentaccounts.appstate.edu  
828-262-2113

**Student Employment**

Third Floor  
John E. Thomas Hall  
studentemployment.  
appstate.edu  
828-262-2834

**Student Learning Center (The Disco)**

D.D. Dougherty  
studentlearningcenter.  
appstate.edu  
828-262-2291

**Student Veteran Services**

Suite 251  
Plemmons Student Union  
studentveteranservices.  
appstate.edu  
828-262-2722

**University Housing**

Third Floor  
John E. Thomas Hall  
housing.appstate.edu  
828-262-2160

**University Recreation**

Student Recreation Center  
urec.appstate.edu  
828-262-2100

**Welcome to App**

Room 244  
Plemmons Student Union  
welcome.appstate.edu  
828-262-2167

**Wellness & Prevention Services**

Miles Annas Building  
wellness.appstate.edu  
828-262-3148

**Writing Center**

Room 204  
Belk Library  
writingcenter.appstate.edu  
828-262-6144



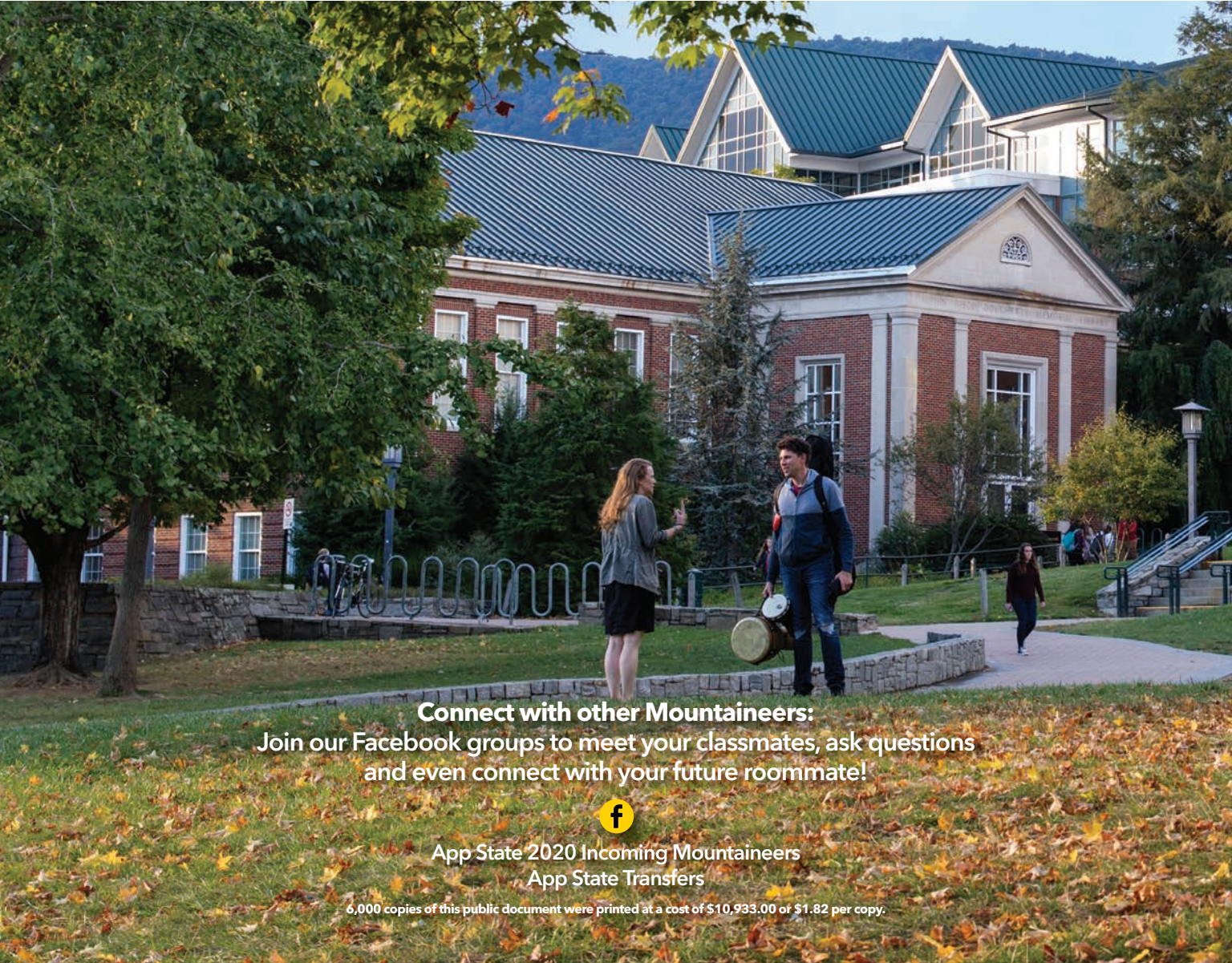


**APPSTATE**

**Office of Admissions**

Appalachian State University  
ASU Box 32004 | Boone, NC 25608-2004

(828) 262-2120  
admissions.appstate.edu



**Connect with other Mountaineers:**  
Join our Facebook groups to meet your classmates, ask questions  
and even connect with your future roommate!



App State 2020 Incoming Mountaineers  
App State Transfers

6,000 copies of this public document were printed at a cost of \$10,933.00 or \$1.82 per copy.