Congratulations — You’re a Mountaineer!

What’s Next?
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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
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.
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.
Boone weather:
Bring a fan for August and September, rain boots for October and November, windproof 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!

<table>
<thead>
<tr>
<th>Season</th>
<th>High</th>
<th>Low</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring</td>
<td>61°</td>
<td>37°</td>
</tr>
<tr>
<td>Summer</td>
<td>78°</td>
<td>56°</td>
</tr>
<tr>
<td>Fall</td>
<td>63°</td>
<td>40°</td>
</tr>
<tr>
<td>Winter</td>
<td>44°</td>
<td>22°</td>
</tr>
</tbody>
</table>

Average winter snow: 41.8”
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/mymtn) to complete your enrollment steps.

<table>
<thead>
<tr>
<th>Steps</th>
<th>Dates &amp; Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Register for Orientation</strong></td>
<td><strong>Dates &amp; Deadlines</strong></td>
</tr>
<tr>
<td>orientation.appstate.edu</td>
<td>Registration Available:</td>
</tr>
<tr>
<td>You can choose several date options in case your first choice is full.</td>
<td>Deadline: July 1</td>
</tr>
<tr>
<td><em>Tip: Register early for the best date selection!</em></td>
<td></td>
</tr>
<tr>
<td><strong>Register for Parent &amp; Family Orientation</strong></td>
<td>Deadline: prior to your student’s session or by July 1</td>
</tr>
<tr>
<td>parents.appstate.edu</td>
<td></td>
</tr>
<tr>
<td>Parent &amp; Family Orientation is not required but recommended for all</td>
<td></td>
</tr>
<tr>
<td>parents and families of new incoming students. There is a separate</td>
<td></td>
</tr>
<tr>
<td>registration process.</td>
<td></td>
</tr>
<tr>
<td><strong>Submit your housing application</strong> (or request an exemption)</td>
<td><strong>Application Available:</strong></td>
</tr>
<tr>
<td>housing.appstate.edu</td>
<td>February 1</td>
</tr>
<tr>
<td>Students less than one year out of high school are required to live</td>
<td>Deadline: July 1</td>
</tr>
<tr>
<td>on campus.</td>
<td></td>
</tr>
<tr>
<td>On-campus housing is available to new transfer students on a space-</td>
<td></td>
</tr>
<tr>
<td>available basis. Transfer students more than one year out of high</td>
<td></td>
</tr>
<tr>
<td>school do not need to request a housing exemption if they do not plan</td>
<td></td>
</tr>
<tr>
<td>to live on campus.</td>
<td></td>
</tr>
<tr>
<td><strong>Take the Math, Calculus Readiness, or Language placement tests</strong></td>
<td><strong>Tests Available:</strong></td>
</tr>
<tr>
<td>(if needed)</td>
<td>April 1</td>
</tr>
<tr>
<td>orientation.appstate.edu/steps</td>
<td>Deadline: prior to your Orientation session or by July 1</td>
</tr>
<tr>
<td><strong>Complete Early Registration Advising (ERA) and register for classes</strong></td>
<td><strong>Registration Available:</strong></td>
</tr>
<tr>
<td>orientation.appstate.edu/steps</td>
<td>April 28</td>
</tr>
<tr>
<td>ERA is your pre-Orientation course enrollment module. We encourage</td>
<td>Deadline: prior to your Orientation session or by July 1</td>
</tr>
<tr>
<td>you to complete this step as soon as possible and certainly before</td>
<td></td>
</tr>
<tr>
<td>Orientation. You cannot register for classes until you complete ERA.</td>
<td></td>
</tr>
<tr>
<td><strong>Submit Medical History/Immunization Record form</strong></td>
<td><strong>Deadline: July 1</strong></td>
</tr>
<tr>
<td>appstate.edu/mymtn</td>
<td></td>
</tr>
<tr>
<td><strong>Select your health insurance option</strong></td>
<td><strong>Deadline: July 1</strong></td>
</tr>
<tr>
<td>appstate.edu/mymtn</td>
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</tbody>
</table>
## Enrollment Steps

<table>
<thead>
<tr>
<th>Steps</th>
<th>Dates &amp; Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Submit official transcripts</strong> (high school and/or college)</td>
<td>Deadline: prior to your Orientation session or August 1</td>
</tr>
<tr>
<td>Office of Admissions, ASU Box 32004, Boone, NC 26808-2004</td>
<td></td>
</tr>
<tr>
<td><strong>Apply for financial aid</strong></td>
<td>FAFSA opens: October 1</td>
</tr>
<tr>
<td>financialaid.appstate.edu</td>
<td>Priority Deadline: March 1</td>
</tr>
<tr>
<td>fafsa.gov</td>
<td></td>
</tr>
<tr>
<td>School code: 002906</td>
<td></td>
</tr>
<tr>
<td>If you have finalized all financial aid requirements by March 1, you</td>
<td></td>
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<tr>
<td>will receive notifications of your financial aid award. You may still</td>
<td></td>
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<tr>
<td>complete the FAFSA after the priority deadline but funds may be limited.</td>
<td></td>
</tr>
<tr>
<td><strong>Establish your App State email</strong></td>
<td>Deadline: as soon as possible – you don’t want to miss out on any important communications!</td>
</tr>
<tr>
<td>Now that you’re a Mountaineer, you’ve been assigned an App State email</td>
<td></td>
</tr>
<tr>
<td>account. Here’s how to set up your account:</td>
<td></td>
</tr>
<tr>
<td><strong>Step 1:</strong> Establish your credentials.</td>
<td></td>
</tr>
<tr>
<td>password.appstate.edu</td>
<td></td>
</tr>
<tr>
<td><strong>Step 2:</strong> Access your Appalachian email.</td>
<td></td>
</tr>
<tr>
<td>Set up your email account and access your account via</td>
<td></td>
</tr>
<tr>
<td>mail.appstate.edu – enter @appstate.edu after your username.</td>
<td></td>
</tr>
<tr>
<td>Logged in to another Gmail account? Just click “Add account” in the</td>
<td></td>
</tr>
<tr>
<td>top right or “Sign in with a different username.”</td>
<td></td>
</tr>
<tr>
<td><em>Tip: Check your App State email often for notifications from Financial Aid, Housing, Orientation and more.</em></td>
<td></td>
</tr>
<tr>
<td><strong>Request &amp; submit supplemental scores</strong></td>
<td>Deadline: prior to your Orientation session or by July 1</td>
</tr>
<tr>
<td>testing.appstate.edu</td>
<td></td>
</tr>
<tr>
<td>Advanced Placement (AP), International Baccalaureate (IB), College</td>
<td></td>
</tr>
<tr>
<td>Level Examination Program (CLEP) or Cambridge International A-AS level</td>
<td></td>
</tr>
<tr>
<td>scores.</td>
<td></td>
</tr>
<tr>
<td><strong>Verify your intended major</strong></td>
<td>Deadline: prior to your Orientation session or by July 1</td>
</tr>
<tr>
<td>If you want to change majors, please update your MyMountaineer Portal.</td>
<td></td>
</tr>
<tr>
<td><strong>Pay your fall semester tuition and fees</strong></td>
<td>Deadline: Early August</td>
</tr>
<tr>
<td>appalnet.appstate.edu</td>
<td></td>
</tr>
<tr>
<td><strong>Order your textbooks</strong></td>
<td>Available a month before classes</td>
</tr>
<tr>
<td>bookstore.appstate.edu</td>
<td></td>
</tr>
<tr>
<td><strong>Get excited for Welcome to App!</strong></td>
<td>August 13-16</td>
</tr>
<tr>
<td>welcome.appstate.edu</td>
<td></td>
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</tbody>
</table>
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
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

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 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/mymtn). 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 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. 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.

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.

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**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.
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).
   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).

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).

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. 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

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 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
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
## Undergraduate costs (2019-20)

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

### 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 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

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. 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 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 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 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.

North Carolina residents may be eligible for state scholarships at CFNC.org and 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) 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 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 for information on financial planning. Budgeting resources are also available at 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 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

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

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

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
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 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.

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 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.

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.
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.

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

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.appstate.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
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

- 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
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

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.
Campus Life

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

- **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!

**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, resume 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.

**University Writing Center**

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

**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

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

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

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
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.

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.

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

Environmental Health, Safety and Emergency Management
1039 State Farm Road
Business Services Building
828-262-4008
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

Note for Parents & Families:
AppState-ALERT text and voice notifications are for students, faculty and staff only. Visit 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
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
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!

<table>
<thead>
<tr>
<th><strong>Admissions</strong></th>
<th><strong>Belk Library &amp; Information Commons</strong></th>
<th><strong>General Education</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>First Floor</td>
<td>library.appstate.edu</td>
<td>Room 250</td>
</tr>
<tr>
<td>John E. Thomas Hall</td>
<td>828-262-2186</td>
<td>Anne Belk Hall</td>
</tr>
<tr>
<td>admissions.appstate.edu</td>
<td></td>
<td>generateducation.appstate.edu</td>
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<tr>
<td>828-262-2120</td>
<td></td>
<td>828-262-2028</td>
</tr>
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<table>
<thead>
<tr>
<th><strong>Academic Advising</strong></th>
<th><strong>Bookstore</strong></th>
<th><strong>Health Services</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>D.D. Dougherty Hall</td>
<td>Plemmons Student Union</td>
<td>Miles Annas Building</td>
</tr>
<tr>
<td>advising.appstate.edu</td>
<td>bookstore.appstate.edu</td>
<td>healthservices.appstate.edu</td>
</tr>
<tr>
<td>828-262-2167</td>
<td>828-262-3070</td>
<td>828-262-3100</td>
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<table>
<thead>
<tr>
<th><strong>Appalachian Cares</strong></th>
<th><strong>Campus Activities</strong></th>
<th><strong>Honors College</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>(wellness, health and safety info)</td>
<td>Plemmons Student Union</td>
<td>Appalachian Hall</td>
</tr>
<tr>
<td>Anne Belk Hall</td>
<td>campusactivities.appstate.edu</td>
<td>honors.appstate.edu</td>
</tr>
<tr>
<td>apppcares.appstate.edu</td>
<td>828-262-6252</td>
<td>828-262-2083</td>
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<table>
<thead>
<tr>
<th><strong>Appalachian &amp; the Community Together</strong></th>
<th><strong>Campus Dining</strong></th>
<th><strong>Intercultural Student Affairs</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Room 138</td>
<td>campusesdining.appstate.edu</td>
<td>Room 255</td>
</tr>
<tr>
<td>Plemmons Student Union</td>
<td>828-262-3061</td>
<td>Plemmons Student Union</td>
</tr>
<tr>
<td>act.appstate.edu</td>
<td></td>
<td>multicultural.appstate.edu</td>
</tr>
<tr>
<td>828-262-2545</td>
<td></td>
<td>828-262-6158</td>
</tr>
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<table>
<thead>
<tr>
<th><strong>AppCard Office</strong></th>
<th><strong>Career Development Center</strong></th>
<th><strong>International Education &amp; Development</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Trivette Hall</td>
<td>Third Floor</td>
<td>Suite 321</td>
</tr>
<tr>
<td>appcard.appstate.edu</td>
<td>John E. Thomas Hall</td>
<td>Plemmons Student Union</td>
</tr>
<tr>
<td>828-262-6141</td>
<td>careers.appstate.edu</td>
<td>international.appstate.edu</td>
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<table>
<thead>
<tr>
<th><strong>AppalCart (free bus service)</strong></th>
<th><strong>Counseling &amp; Psychological Services Center</strong></th>
<th><strong>IT Support Services</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>appalcart.com</td>
<td>Plemmons Student Union</td>
<td>Room 140</td>
</tr>
<tr>
<td>828-297-1300</td>
<td>counseling.appstate.edu</td>
<td>Anne Belk Hall</td>
</tr>
<tr>
<td></td>
<td>828-262-3180</td>
<td>support.appstate.edu</td>
</tr>
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<table>
<thead>
<tr>
<th><strong>AppalNet</strong></th>
<th><strong>Environmental Health, Safety and Emergency Management</strong></th>
<th><strong>Night Owl</strong></th>
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</thead>
<tbody>
<tr>
<td>appalnet.appstate.edu</td>
<td>Rivers Street Parking Deck</td>
<td>(late night free bus service)</td>
</tr>
<tr>
<td>828-262-6266</td>
<td>emergency.appstate.edu</td>
<td>appalcart.com/night-owl-service</td>
</tr>
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<table>
<thead>
<tr>
<th><strong>Appalachian Police Department</strong></th>
<th><strong>Financial Aid</strong></th>
<th><strong>Night Owl</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Rivers Street Parking Deck</td>
<td>Second Floor</td>
<td></td>
</tr>
<tr>
<td>police.appstate.edu</td>
<td>John E. Thomas Hall</td>
<td></td>
</tr>
<tr>
<td>Emergency: 828-262-8000</td>
<td>financialaid.appstate.edu</td>
<td></td>
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</tbody>
</table>
**Resources**

**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
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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

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