



Table of Contents

Welcome & Congratulations.....	3
Checklist - Next Steps.....	3
To Do's - Once you have registered for courses.....	4
Checklist - When you arrive.....	4
UNBC Orientation.....	5
Student Life.....	5
UNBC Facts & Statistics.....	6
Top tips for success.....	6
Student Advising.....	7
Academic Success Centre.....	7
Access Resource Centre.....	8
Alumni Association.....	8
UNBC Athletics.....	9
Awards & Financial Aid.....	9
learn.unbc.ca.....	10
Convocation Office.....	10
First Nations Centre.....	11
Geoffrey R. Weller Library.....	11
Green Centre.....	12
UNBC Housing.....	12
Housing Checklist.....	13
International Exchange & Student Programs.....	14
Peer Support Network.....	14
Charles Jago Northern Sport Centre.....	15
NUGSS.....	15
Office of the Registrar.....	16
Student Career Centre.....	16
Wellness Centre.....	17
Volunteering on Campus.....	17
Student Organizations & Clubs.....	17
Student FAQ's.....	18
Parent FAQ's.....	20
Prince George Campus Map.....	22
Contact.....	23
Must Do's!.....	24

Welcome & Congratulations

This is Your Passport to UNBC Explore Your Campus and Discover Yourself

Whether you're in a crowd of screaming fans at a Timberwolves game, taking in live music at the UNBC Farmer's Market, or enjoying one of the many Student Life activities, it is students like you that really energize UNBC!

Browse these pages to discover the services and activities available. Use the checklists to plan your next steps.



unbc.ca

Checklist - Next Steps

- Apply for Housing (if you would like to live on campus). Both residences can fill up quickly. We recommend that you apply as soon as possible. The form can be found at unbc.ca/housing.
- Apply for Scholarships. To be considered for awards please complete the online application found at unbc.ca/finaid. The deadline for applications is March 1st. A small awards competition is usually held each fall for newly established awards and/or awards that have not been claimed.
- Meet with your student advisor face-to-face, or by email. You can contact the Advising Centre at advising@unbc.ca.
- Register for courses. Online registration is now open.
- Attend Registration 101, which is offered every Wednesday afternoon until July 17th (watch your email for the start date). To register contact the Advising Centre. A Registration 101 tutorial is also offered online at unbc.ca/advising/registration-101.
- Important and helpful information for new students can be found on the UNBC website at unbc.ca/new-students.

To Do's... Once you have registered for courses

- Sign-up for Orientation.
- Set-up your computer user and email account. Detailed steps were included with your admissions letter and are available in the FAQ section of this document.
- If you are asked to provide a confirmation of attendance, you can contact the Registrar's Office and complete a Confirmation of Attendance Form. This process can take up to 5-7 business days. Please note that you will need to be registered for courses in order for attendance to be confirmed.
- Visit the Bookstore in person or online to view the resources that will be required for your courses. You can browse and purchase textbooks online at bookstore.unbc.ca. There is also a rental program in place for certain textbooks. Information about this program as well as other products available can be found on the Bookstore's website.
- Pay your tuition and student service fees online, so you can skip the line at the Cashiers Office in September. All fees are due the first day of classes.
- Go to the Charles Jago Northern Sport Centre to register and pick up your key fob to access the facility.
- Contact the Access Resource Centre if you require support or accommodation. It is highly recommended that you contact the Centre well in advance, normally three months prior to the start of the semester.

Checklist - When you Arrive

- Visit the Bookstore and purchase your textbooks (if you haven't already done so).
- Stop by the Cashier's Office and pick up your student ID card. The student ID card can be obtained once your fees have been paid. The ID card can also be used as your bus pass and library card.
- Join a club. Watch for Clubs Day, which usually happens in the main Agora during the 1st and 2nd week of the September semester.
- Activate your library card at the Library Circulation Desk. It'll take about 60 seconds to register, allowing you to borrow books and access databases from home.
- Enjoy the first Men's and Women's Soccer game of the season. Kickoff is usually the first weekend of the semester.
- Visit the computing Help Desk room 8-265 in the Teaching Laboratory if you have any questions about accessing your email account.
- Attend the Backyard Barbeque during the first week of the semester.

UNBC Orientation

Orientation is a great introduction to campus life! Next to Convocation this is one of the most important moments in a student's life. At Orientation, be prepared to:

- Have fun meeting new UNBC students
- Speak with faculty and staff about your academic program
- Learn about the different services and supports that are able to assist you in your transition to University Life
- Take a guided tour around campus, and learn how to get to your classes
- Participate in raffles to win great prizes!

When should I expect my invitation to Orientation? You will receive your invitation to Orientation once you register for classes! Be sure to register early and RSVP to confirm your attendance to Orientation!



For more information
unbc.ca/orientation

Student Life

Meeting other students and participating in activities is an essential part of being a university student. UNBC Student Life is here to help you make the most of your university experience!

The role of the Student Life Department is to develop and implement fun student activities that engage a diverse student population and enrich their experience at UNBC.

- Have fun at great events such as:
 - Comedy Nights by Improv Ad Mauseum
 - Respect Week
 - Wellness Wednesdays
 - Music Jam at the UFM
 - Halloween's Trick or Eat event
 - Green Day Celebrations...and much, much more!
- Meet other students and make new friends!
- Show your leadership skills by volunteering or planning your own event.



For information about upcoming events see the Student Life webpage at
unbc.ca/student-life

Teaching & Research

Faculty & Staff

Full-time faculty (tenure & tenure-track)	171
Part-time faculty	248
Average age of faculty	52
Faculty : Student ratio	1 : 10
Non-academic staff	364

Courses in 2011-12 academic year

Courses in Prince George	3,169
Regional courses	152
Online courses	80
Total Continuing Studies courses offered	85

Research funding in 2011-12 fiscal year

Number of research awards | Value of research awards

236 | **\$12.9M**

Number of academic courses: **996**

UNBC Alumni

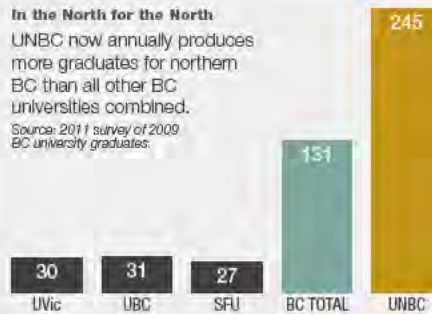
Where UNBC Alumni Live



In the North for the North

UNBC now annually produces more graduates for northern BC than all other BC universities combined.

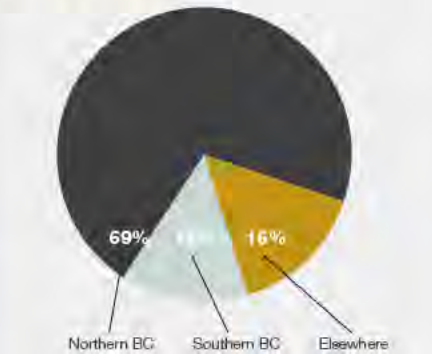
Source: 2011 survey of 2009 BC university graduates.



Total number of UNBC alumni: **9,689**

Students

Where Students are From



Student Age & Gender

Average age of undergraduate students	25.5
Average age of graduate students	36.6
Male : Female ratio	1 : 1.6

Students in academic programs: **4,266**

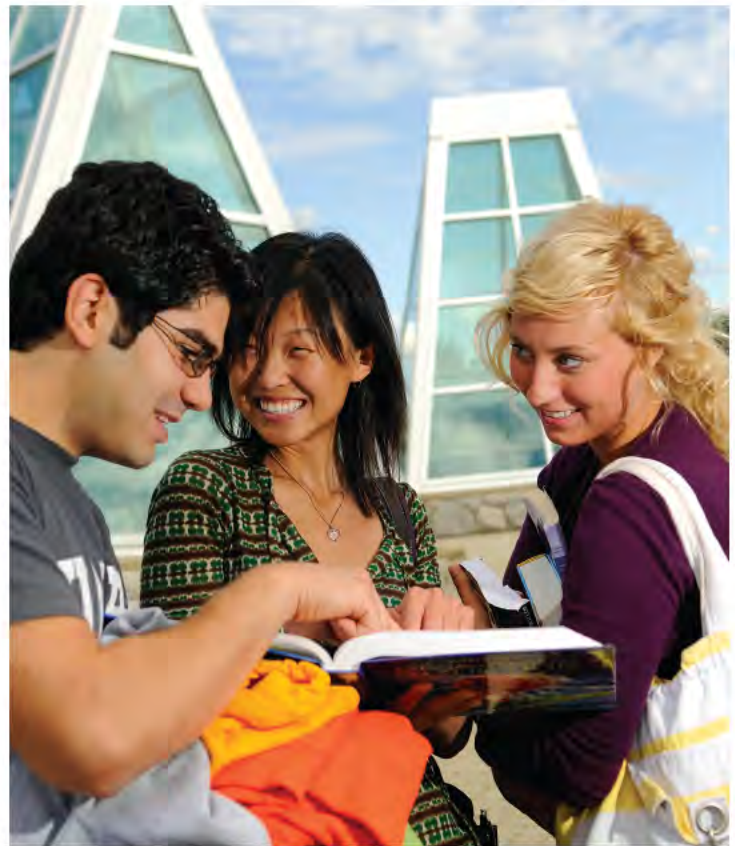
Top Tips For Success

- Visit your Student Advisor at least once a semester to plan your course schedule and ensure that you are meeting degree requirements.
- Learn how to write a paper, manage your time, or improve your math skills at the Academic Success Centre. Details about the Centre's offerings can be found at unbc.ca/academic-success-centre.
- Introduce yourself to your professors.
- Complete your readings before class and read your lecture notes as soon as you can while they are still fresh in your mind.
- Plan to study three hours out of class for every hour you spend in class.
- Get involved and take a break by joining a club or participating in some extra-curricular activities. Watch for upcoming events at unbc.ca/student-life.
- Take timeout and get some exercise at the Charles Jago Northern Sport Centre.
- Find an ally on campus whether it be in the First Nations Centre, Women's Centre, Peer Support Network, Interfaith Chaplaincy etc.
- Get involved in student life on campus. Be sure to participate in some of the great events brought to you by NUGSS (Northern Undergraduate Student Society).
- Become familiar with academic dates, especially those around adding and dropping courses. This information can be found in the UNBC Undergraduate Calendar online at unbc.ca/calendar/undergraduate/semester-dates.
- Register to complete the Personality Dimensions inventory at the Student Career Centre.

Student **Advising**

The Student Advisors are here to guide you through your university experience and to empower you to successfully reach your academic goals. Do you have questions about degree programs, course transfers, prerequisites or graduation requirements? **We are here to help.**

Our website provides you with a 'Toolkit for Success' – a helpful directory of tips and hints to help you complete your degree. The Student Recruitment & Advising Centre is open weekdays from 8:30 am to 4:30 pm. Visit us online at unbc.ca/advising or reach us by phone or email at 250-960-6306 and advising@unbc.ca



For more information please visit
unbc.ca/advising

Academic Success Centre

- One-to-one tutoring with certified tutors for writing, study skills, commerce, economics, and mathematics-based courses
- Drop-in tutoring for writing in the Library Writing Centre and mathematics-based courses in MACE
- Supplemental Instruction led by trained student leaders in an informal group setting for a number of first and second year courses
- Online writing tutoring for local and regional students
- Watch for posters and listen for announcements in class about workshops and Exam Jam
- All of the services are **free** for UNBC students



More information on our services is available at
unbc.ca/academic-success-centre

Access Resource

Centre

The role of the Access Resource Centre is to provide support services and academic accommodations to students with documented disabilities.

- If you require support or accommodation, please contact the Centre well in advance, normally three months prior to the start of the semester.
- If you are looking for volunteer opportunities, please contact Access Resource Centre staff.
- Students can contact the Centre at arc@unbc.ca or by phone at 250-960-5682.



More information can be found online at
unbc.ca/access-resource-centre

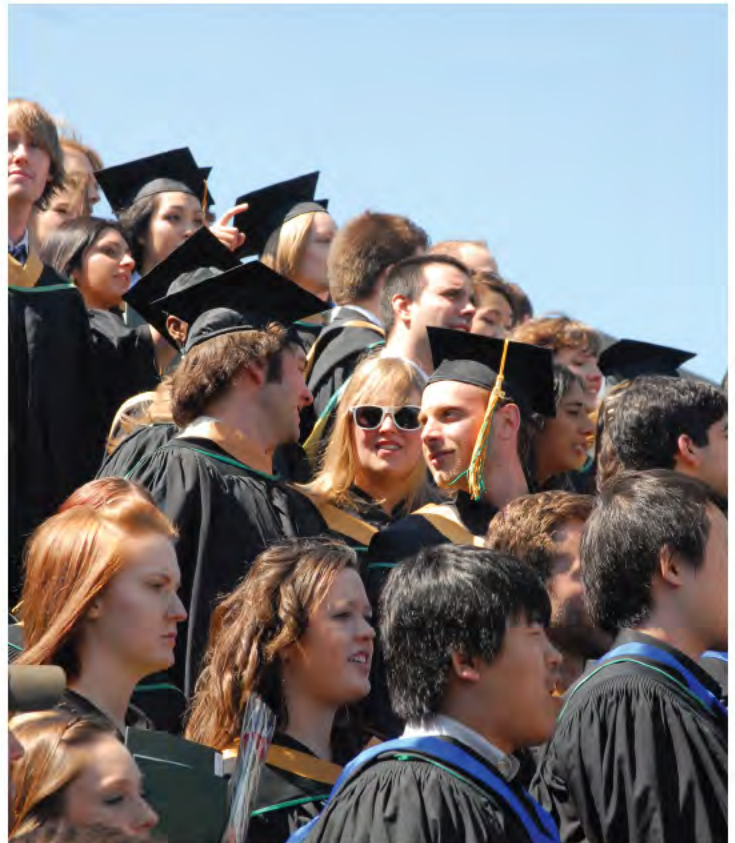
Alumni Association



**UNIVERSITY OF
NORTHERN BRITISH COLUMBIA
ALUMNI ASSOCIATION**

When you graduate from UNBC you automatically become one of UNBC's alumni and a member of a network that is almost 10,000 members strong. The Alumni Relations Office at UNBC is dedicated to fostering a mutually beneficial and lifelong relationship between UNBC and its graduates.

The UNBC Alumni Association connects alumni to one another and to the University. Together we encourage each and every UNBC graduate to become a supporter and advocate for UNBC.

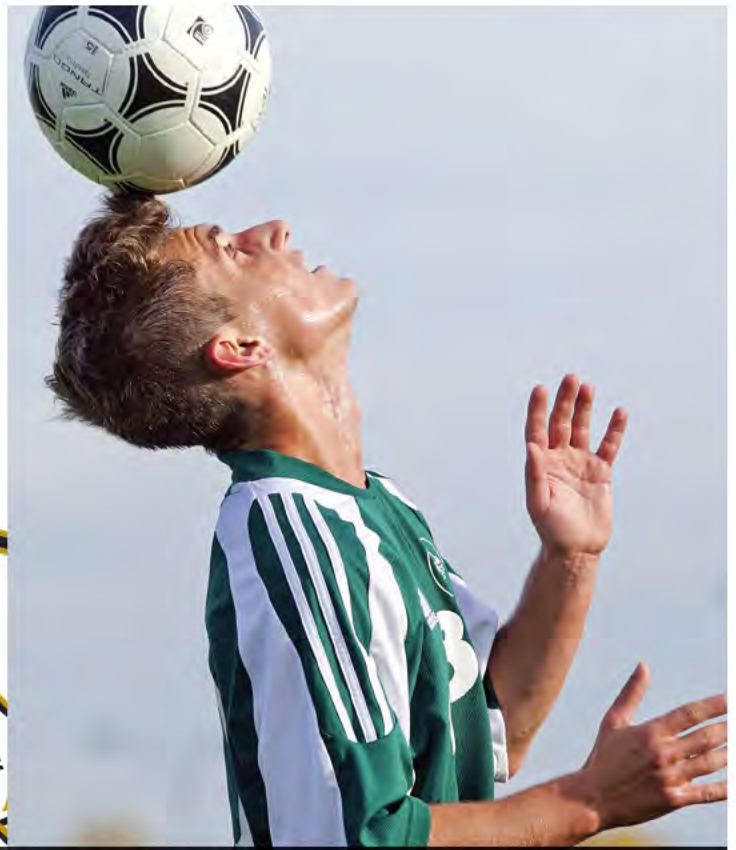


For upcoming events and news please visit
unbc.ca/alumni

UNBC Athletics

Looking to stay active, meet new friends and have some serious fun? Check out the UNBC Recreation website for a list of intramural sports. The recreation site will also provide links to other recreational opportunities available in Prince George. Check out unbc.ca/recreation

One of the best ways to immerse yourself in your surroundings is by cheering on your UNBC Timberwolves. The T-Wolves are Canada's newest CIS member joining the likes of UBC, UVIC and the UofA. Your varsity teams compete in men's and women's soccer and basketball. To stay up to date on all things Athletics make sure to follow us on Twitter (@unbcathletics) and like us on Facebook (UNBC Timberwolves).



Our new website will help you become a huge fan of your teams!

unbc.ca/timberwolves

Awards & Financial Aid

Finding the financial resources to attend school is a main concern for many students. Staff in Awards and Financial Aid can assist you in the following ways:

- Applying for UNBC administered scholarships, bursaries and awards
- Applying for government student loans and grants Finding information on other external sources of funding
- Learning to live within a budget

What to look for this fall

A small awards competition is usually held each fall for newly established awards and/or awards that have not been claimed. Speak to Awards and Financial Aid staff after the first week of classes for more information.



For upcoming events and news please visit

unbc.ca/financial-aid

What is learn.unbc.ca? (Formally Blackboard)

learn.unbc.ca is a suite of web services allowing instructors to create online learning environments for courses. As a student enrolled in a class that is using learn.unbc.ca, you'll have access to materials uploaded by your instructor, including syllabi, quizzes, assignments, and other documentation. learn.unbc.ca has features such as discussion boards, chat rooms, and emailing facilities to support your learning.

Why do I need it?

The majority of courses at UNBC use learn.unbc.ca to share course resources and learning activities. Course outlines, class schedules, course materials and progress reports are types of resources you will find in your courses at learn.unbc.ca.

How do I get it?

You can login to <https://learn.unbc.ca/webapps/login/> with your UNBC username and password. Information on your UNBC username and password can be found at

unbc.ca/its/iss/computer-labs/new-students

learn.unbc.ca also supports access from smartphone and tablets for the following platforms:

iOS (Apple) | Android | Blackberry

Questions?

If you have any questions about learn.unbc.ca or educational technologies at UNBC, please contact Grant Potter at the UNBC Center for Teaching, Learning, and Technology

unbc.ca/centre-for-teaching-and-learning

For more information please visit

learn.unbc.ca

Convocation Office

Welcome future grad of UNBC! Convocation (also called Graduation) will be Your Most Important Day at UNBC. As a UNBC graduate, you will leave motivated and ready to contribute to your local and international communities!

On Orientation Day, begin your university journey to become a future grad of UNBC and:

- Have your picture taken in a graduate's cap and gown at our Photobooth!
- Film a Shout Out telling us what energy you are bringing to UNBC. "I am coming to UNBC energized to . . . (take classes, play in intramurals, make friends!)"
- Write a letter to yourself at your future Convocation! What have you accomplished? What are you inspired to do next?
- Sign up to volunteer for Convocation 2014. Discover the passion, excitement, and pride felt by students graduating from UNBC! Know that you are part of something great.

Start building connections with your UNBC community that will promote achievement of your university dreams!

Good luck, and we look forward to helping you reach your goal of becoming a UNBC graduate.



Follow us on Twitter @UNBCConvocation

unbc.ca/convocation

First Nations Centre

The First Nations Centre provides comprehensive services for Aboriginal students, as well as academic and cultural support for all UNBC students. Some of the services offered at the First Nations Centre include:

- Counselling
- Peer Support
- Academic Tutoring
- Cultural and Mentoring Programs

A study hall and computer lab is also available to all students. Please stop by the Centre for a visit.



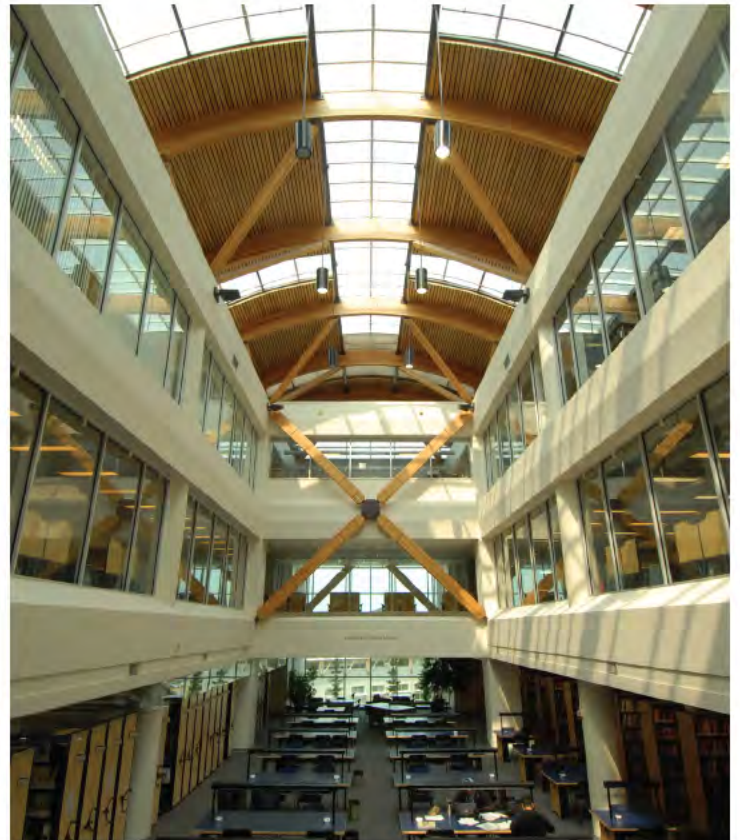
More information on our services is available at
unbc.ca/first-nations-centre

Geoffrey R. Weller Library

Welcome to UNBC! As a student at UNBC, the Geoffrey R. Weller Library is the place to be, whether you need to study or just enjoy a cup of coffee with a friend. The Weller Library has:

- over 70 fully loaded computers
- bookable study rooms
- silent and quiet study spaces
- e-books
- hundreds of databases
- media viewing room and media meeting lab
- Roaming reference
(Mon-Wed 1-4. Wave us over or page us via widget on homepage)
- Text-a-librarian: 250-999-0478
- Research FAQ online: <http://tinyurl.com/d2lu4n>
- Help by phone: 250-960-6475
- Library Youtube channel: <http://tinyurl.com/cd82d7c>

Most importantly, the library is here to help you!



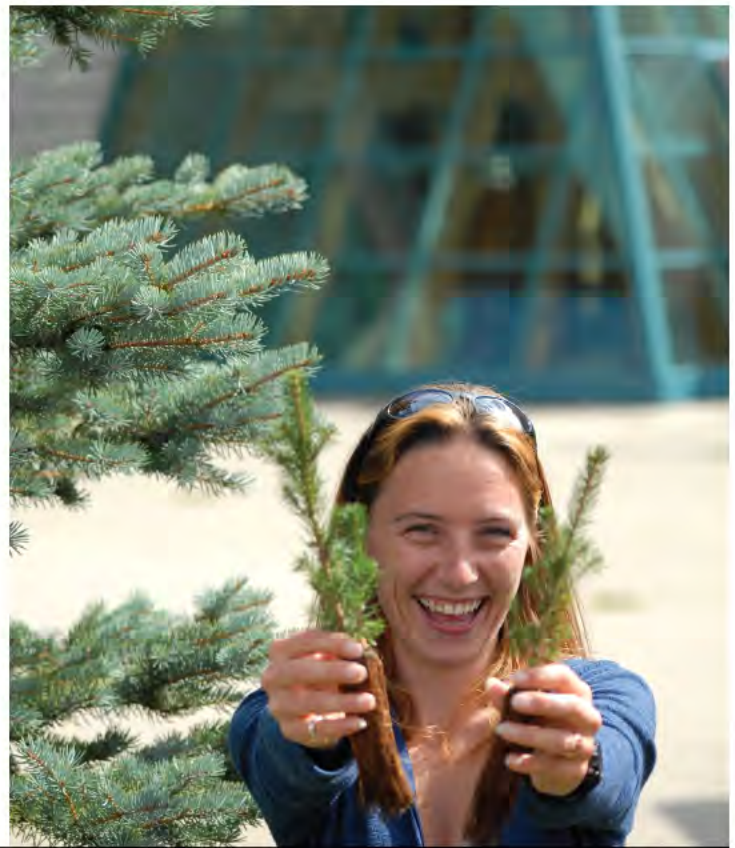
Follow us on Twitter @UNBCConvocation
unbc.ca/convocation

Green Centre

At the Green Centre we are always looking for ways to: reduce our energy consumption and greenhouse gas emissions, improve the management of our waste so less of it ends up in the landfill, educate the campus community, and engage students in sustainability activities.

The Green Centre has three employees: 1) Energy Technician, 2) Pacific Institute for Climate Solutions Campus coordinator, and 3) Sustainability Manager. If you have any questions about Energy, Sustainability, or Climate Change, please come see us, we are here to answer your questions.

UNBC also has a Green Grant (up to \$5000), to which students can apply to develop projects to Green our campus. If you have ideas on how to make the UNBC campus Greener, please come see us, we would like to discuss your project and help to make it a reality.



For more information please visit
unbc.ca/green

UNBC Housing

Residence is a great place to live! Located only a minute's walk away from the main campus, our Residence buildings are home to first year students, returning students, mature students, and graduate students. We believe that Residence has something for everybody, and we encourage you to be a part of the Residence experience. By living in Residence, you will be able to:

- Participate in a variety of programs developed by the Residence Life Team
- Take on leadership opportunities with the Residence Council, the Community Standards Board, and the Residence Life Team
- Cook your own meals! Each suite has a full kitchen and we do not have mandatory meal plans
- Explore the forest trails behind the Residences
- Make lifelong friends!

How can you apply for Housing?

Visit our website at unbc.ca/housing and submit an online application! Apply early, as space is limited.



For more information please visit
unbc.ca/housing

Housing Checklist

- Apply as soon as possible – space is limited! Applications are normally processed in order of date and time received, and completing an application does not guarantee you a room.
- If you would like to allow your parents or a close friend to make inquiries about your application or status in residence, be sure to fill out the Freedom of Information and Protection of Privacy Consent to Share form when completing your application to residence. The Housing and Residence Life Office will not provide information to any unauthorized persons.
- Roommate requests must be requested by ALL parties! The Housing and Residence Life Office will only grant requests in situations where all requests are mutual.
- If you have not heard back from the Housing Office within a week of submitting your application, contact housing@unbc.ca to confirm we have received it.
- Follow the steps as outlined in your Offer of Accommodation letter! Read the License Agreement thoroughly. In order to reserve your spot in the Residences, you must accept the License Agreement and pay the \$400.00 Confirmation Fee.
- Housing begins room assignments usually in late June. If you would like to make any changes to your application, please e-mail them to housing@unbc.ca before June 14, 2013. This will ensure that we are able to take your most recent preferences into consideration when assigning rooms. Housing does its best to meet all requests; however, please note that due to the volume of special considerations we may not be able to accommodate all of them.
- Housing encourages you to contact your new roommates once we send you your room assignment e-mail so you can begin to get to know each other and to see what everyone is bringing! If you are uncertain about what you need to bring, check out our “What to Bring to Residence” checklist on our Housing website.
- If you need to move in earlier than Sunday, September 1, 2013, Housing must know well in advance so we can make the necessary preparations for your room! Please note that pro-rated rent fees for early arrivals will apply.
- Housing fees are due on Move In Day (Sunday, September 1, 2013). You can make payments prior to your arrival by calling the Cashier’s Office at 250-960-5631, by visiting your Student Online Services account, or by mailing a cheque to the Housing Office.
- Participate in the programs held by your Residence Life Team!



President George Iwama and wife Marilyn help students move into residence each year along with other staff members!

For a “What to Bring to Residence” checklist, please visit unbc.ca/assets/housing/residence_checklist.pdf

International Exchange & Student Programs

International Exchange and Student Programs plays the role of assistant, facilitator, advisor and collaborator, reinforcing and supporting campus-wide international programs and activities. We provide services, support, information and a sense of home to:

- Students from around the world who are interested in studying in Canada
- Canadian students and others who want to incorporate a period of international exchange into their education at UNBC
- Students who want their university social life to be filled with international friends and fun
- Faculty and staff who are engaged in building UNBC international resources and opportunities.



More information can be found online at
unbc.ca/international-services

Peer Support Network

A great place to meet new people and learn valuable skills
A safe place to go talk to someone when you need help or are struggling for whatever reason.

Open to everyone on campus to use, peer counsellors are UNBC students who understand what you are going through. Check the office door for when we are open (just past the First Nations Centre main office) Office: 7-102.

Phone: 250-960-5619. Email: peercounsellor@unbc.ca



For more information please visit
unbc.ca/first-nations-centre/peer-support-network

Charles Jago

Northern Sport Centre

We invite you to explore a world-class facility in your own backyard. The Northern Sport Centre and its services are available to everyone.

UNBC students who take one or more classes on the Prince George campus have their memberships paid with their student fees. Come and check us out whether you are using the indoor track, cardio equipment, strength equipment, participating in a fitness class, playing intramurals, or other sports in our indoor field or gymnasiums, you are sure to find something to meet your fitness needs

Our Fitness Activity Guide is available every September, January and May; it includes details on our Free Member Drop-in classes, Registered Programs, UNBC Timberwolves Game details and more! Watch our website, for on our annual "Storm the Hill" multi-sport race day!



Please go to our website for further details
unbc.ca/northern-sport-centre

NUGSS

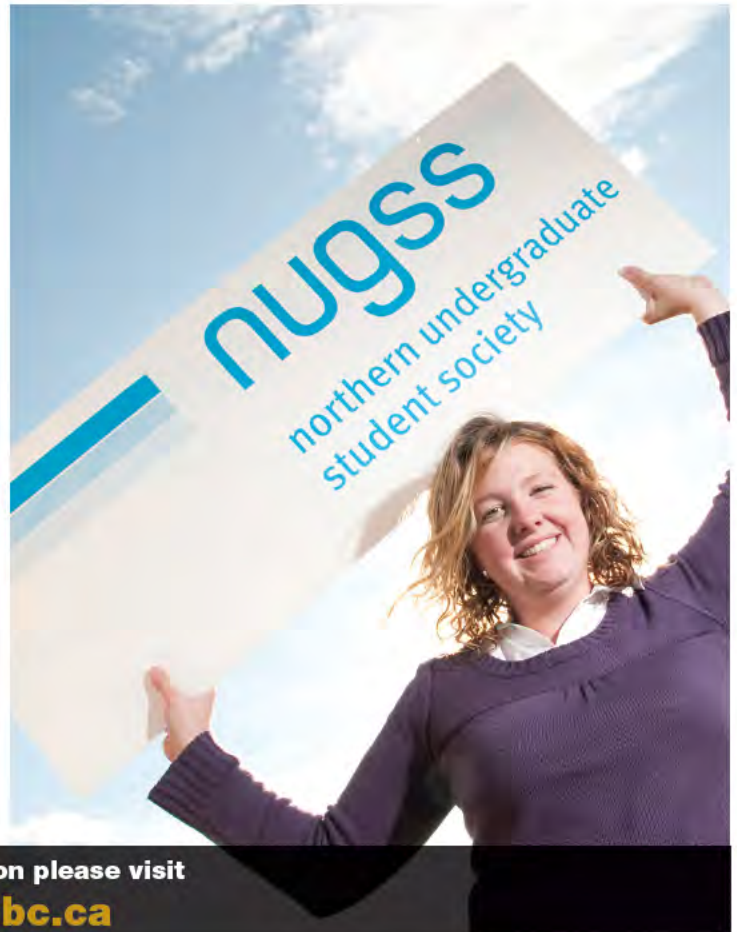
The Northern Undergraduate Student Society, or NUGSS, is your society!

Every undergraduate is a member.

NUGSS administers the Health and Dental Plan – every full time student is automatically enrolled and pays the fee. Visit the NUGSS Office, 6-370, to opt out of the plan if you have extended coverage already.

NUGSS offers the following services: locker rentals, food bank, emergency financial aid, and events throughout the school year. NUGSS oversees all the clubs on campus, and has an Ombudsperson to help you navigate academic issues. Visit us to meet your student government representatives or to ask any questions you may have!

The Backyard Barbecue is our annual back-to-school event that you won't want to miss!



For more information please visit
nugss.unbc.ca

Office of the Registrar

The Registrar's Office is involved in many aspects of a student's university career. The services provided range from student admission and course registration to degree audits and coordination of Convocation.

The Registrar is responsible for overseeing the overall operations of the University's Registrar's Office. The Registrar also acts as the Secretariat to the University's Senate and many of the Senate Committees. The Registrar's Office coordinates the UNBC Convocation Ceremonies, develops the course schedules, and produces many of the university's publications including the Undergraduate and Graduate Calendars. The Registrar's Office is also responsible for maintaining student records. The Associate Registrar – Registrar Services, serves as the University's Freedom of Information and Protection of Privacy Act Officer.

You can also contact the office by phone at 250-960-6330. General email inquiries can be sent to registrar-info@unbc.ca. Questions about course registration can be sent to registrar-webreg@unbc.ca



For more information please visit
unbc.ca/registrar

Student Career Centre

Contact us to schedule your Personality Dimensions test. This discovery tool can assist with career decision making, learning styles and strategies, leadership development, and effective communication.

The Centre maintains an online job board for students at unbc.ca/career-centre/student-postings

We can assist with the development of cover letter and résumé writing skills.

Be sure to look for the annual Career Fair, which will be located on Student Services Street and throughout the Agora.



For more information please visit
unbc.ca/career-centre

Wellness Centre

Health Services

Our Health Care Professionals provide a variety of health services to all registered UNBC students which includes, but is not limited to treatment of illnesses and conditions, well women visits (Paps), STI testing, men's health, vaccinations and referrals.

Counselling Services

Professional Counsellors are available to support students' mental and emotional wellness through walk-in clinics, group counselling and one to one counselling.

Students can contact the Centre at wellness@unbc.ca. Students can also call Health Services at 250-960-6370 and Counselling Services at 250-960-6369.



For more information please visit
unbc.ca/wellness-centre

Volunteering On Campus

There are some fantastic and fun volunteer opportunities on campus. Some great places to start are:

- Academic Success Centre
- Access Resource Centre
- Alumni Association of UNBC
- Career Centre
- Convocation Office
- English Language Studies Program
- First Nations Centre
- Northern Undergraduate Student Society (NUGSS)
- Northern Women's Centre
- Peer Support Network
- Student Life Office
- Student Recruitment and Advising Centre
- UNBC Farmer's Market
- UNBC Athletics & Recreation

Student Organizations & Clubs

There are a variety of organizations that you can enjoy on campus including:

- Northern Undergraduate Student Society
- Student Newspaper Over the Edge
- Student Radio Station CFUR 88.7 FM
- Prince George Public Interest Research Group
- Pride Centre
- Women's Centre
- Interfaith Chaplaincy

In addition there are over 50 student clubs available to join. For a list of student clubs visit the NUGSS webpage at www.nugss.unbc.ca/clubs-section/master-list/. NUGSS also has information available to students that would like to organize their own club.

More information can be found online at
unbc.ca/volunteer-opportunities

Student **FAQ's**

How do I gain access to my UNBC email account?

A student's UNBC email address is very important, as this is the official means of communication between UNBC and its students. Only this email address will be used by UNBC for communication with students for academic and administrative purposes, and students are responsible for checking their UNBC email account regularly. All new students are assigned a UNBC email address within 24 hours of course registration. 24 hours after you have registered for courses please complete the following steps (please note that user ID's are generated nightly, and so if these steps do not work the first time please try again the next day).

Go to the Login Centre.

- Under the heading "Computer Support" select "Password Resets".
- Select I know my "Student ID and PIN".
- Enter the authentication number shown in the box and click "Continue".
- Enter your Student ID.
- Enter your PIN (for first time users your 6 digit PIN is your date of birth (dd/mm/yy)).
- Click "Submit".
- Read the UNBC Responsibilities and Terms of Use. Click "Accept" if you agree to the terms.
- This will give you your username and your UNBC email address. It will also allow you to set your email password. Your username and password will be used in email, Blackboard (Learn), and for all computer account services such as printing.
- You will still use your Student ID and PIN for Student Online Services.
- **Web-Based Email for Students:** Once you have completed the steps under User Accounts and have your UNBC email address and password, you can begin using the email service. Please complete the following steps:
 - Go to the Login Centre.
 - Under the heading "Email" select "Webmail".
 - Enter Domain\Username. The Domain will be uni\ (the username will be the one you were provided when you completed the steps under User Accounts). For example if your name was Fred Flintstone and your username was fflintstone, you would enter uni\fflintstone.
 - Enter your Password. This will be the password you were provided when you completed the steps under User Accounts.

How do I reset my PIN?

- Go to the Login Centre.
- Under the heading Computer Support select "PIN Resets"
- Select "Forgot PIN".
- You will then be asked the answer to your security question, if you answer it correctly, it will allow you to re-set your own pin. Note: The System will disable your PIN after three unsuccessful login attempts. If this occurs contact registrar-info@unbc.ca to request that your PIN be reset.

How many classes do I take in my first year?

That depends on what is right for you. Typically, in order to complete a degree in 4 years, students take 5 classes a semester – 10 classes a year; but with spring/summer classes and students taking an extra semester to finish a degree, anything goes. It is really about finding the right balance for you and your success. Student Advisors are available throughout your university education to help you with this process 250-960-6306 or email advising@unbc.ca.

What do I do if I am struggling in my courses?

If you find you are starting to struggle in your courses the first step you should take is to talk to a Student Advisor in the Student Advising Centre. If it is early enough in the semester, you may be able to drop a course or courses. This is one of the reasons why it is important to become familiar with academic dates, especially those around adding and dropping courses. This information can be found in the UNBC Undergraduate Calendar online at <http://www.unbc.ca/calendar/undergraduate/semester-dates>.

Speak to your professors, as they can help you with questions about course content.

Visit the Academic Success Centre and work with a tutor.

If you are feeling overwhelmed talk to a professional counsellor.

What types of Food Services are offered at the University?

Eurest Dining Services operates the Agora Cafeteria, Stackers Deli, and Tim Hortons.

The Northern Undergraduate Student Society operates Degrees Coffee Co., and The Thirsty Moose Pub (must be 19 years of age to enter).

There is also a Corner Store located in the Agora.

Are there banking services available at the University?

There are two banking machines on campus. The Bank of Montreal bank machine is located in the Agora. The CIBC Machine is located in the Conference and Northern University Student Centre.

What is the transit service like?

Two City buses service campus the 15 (UNBC 15th/Ave) and the 16 (UNBC/College Heights). Schedule information can be found at: <http://www.transitbc.com/regions/prg/schedules/map.cfm>

Where do I find information on student employment?

The Student Career Centre is your best resource, for information about on campus and off campus employment. More information is available on their website at <http://www.unbc.ca/career-centre>.

Are there health services available on campus?

There are health care professionals on campus that provide a variety of services to all registered UNBC student which includes, but is not limited to treatment of illnesses and conditions, well women visits (Paps), STI testing, men's health, vaccinations and referrals.

Professional Counsellors are available to support students' mental and emotional wellness through walk-in clinics, group counselling and one to one counselling.

Students can contact the UNBC Wellenss Centre at wellness@unbc.ca. Students can also call Health Services at 250-960-6370 and Counselling Services at 250-960-6369. More information can be found online at unbc.ca/wellness-centre.

What is the Northern Undergraduate Student Society Health and Dental Plan?

The NUGSS Health and Dental plan covers many services not covered by basic medical service; prescription drugs, dental care, travel insurance, physiotherapy, massage therapy and others.

NUGSS Health and Dental Plan is a group health and dental plan in which all Prince George Campus UNBC students are automatically enrolled. NUGSS has ensured that there are no barriers regarding pre-existing conditions that would have excluded students who need this coverage the most. Students at a Regional UNBC Campus should call the NUGSS office to inquire about enrolling in the plan. The NUGSS Health and Dental Plan includes an opt-out mechanism if you have alternate health and dental coverage. For more information, please see <http://www.nugss.unbc.ca/>.

If I already have an equivalent health and dental plan how do I opt out?

If you are already covered by an equivalent health and dental plan (such as a parent or spouse's employee benefit plan, or a plan provided by your band council or through Health Canada), you can opt out and receive a credit to your student account for the amount of the Plan.

You can only opt out during the Change-of-Coverage Period. To ensure you have the correct date visit the following website: http://www.ihaveaplan.ca/rte/en/UniversityofNorthernBCUndergraduateStudentsNUGSS_ChangeofCoverage_OptOuts_HowtoOptOut

You're responsible for paying all university fees within the prescribed deadlines. If you don't pay the NUGSS Plan fee, you may be assessed late fees and interest. We recommend that you pay all university fees even if you are opting out of the NUGSS Health & Dental Plan. After your opt out is completed and shortly after the end of the Change-of-Coverage Period, the NUGSS Health & Dental Plan fee will be credited to your student account.

Parent **FAQ's**

Is there an orientation for parents?

Parent Welcome is a program designed to also help parents become familiar with UNBC. Parents will learn about the aspects of university life that will directly affect them, receive UNBC's Parent Calendar & Handbook containing information about student services and campus resources, including financial aid, housing, health services, and career planning; and meet current students, faculty, and staff who are able and willing to answer questions about UNBC and university life.

Do my parents have to come to the Parent Welcome?

No, parents do not have to attend the Parent Welcome. However, it is highly recommended that parents attend to learn more about UNBC and what their daughter and/or son will experience at university.

Can I inquire about my son/daughter's financial account or registration?

The University of British Columbia is bound by the BC Freedom of Information and Protection of Privacy Act. All information about a student's account is strictly confidential, unless the student provides an information release.

Students can authorize a release of information by contacting the appropriate department to which they would like to grant this permission. Please note that an authorization for release of information is only valid for a one year period, and must be subsequently renewed.

Are there health services available on campus?

There are health care professionals on campus that provide a variety of services to all registered UNBC student which includes, but is not limited to treatment of illnesses and conditions, well women visits (Paps), STI testing, men's health, vaccinations and referrals.

Professional Counsellors are available to support students' mental and emotional wellness through walk-in clinics, group counselling and one to one counselling.

Students can contact the UNBC Wellenss Centre at wellness@unbc.ca. Students can also call Health Services at 250-6370 and Counselling Services at 250-960-6369. More information can be found online at unbc.ca/wellness-centre.

Who should my son or daughter contact in case of an emergency?

The Parking and Security office is located in the agora.

There are always two security officers that are on duty 24 hours a day, 365 days a year. They can be reached for a non-emergency at 250-960-7058 or for an emergency at 250-960-7000.

The responsibilities for the Security Division Include: Emergency First Aid, Lost and Found, Safe Walk Program, Security Patrols, and Campus Information.

What are the Parking Regulations on campus?

All parking is pay parking on campus.

A valid ticket stub from any of the ticket dispensers must be placed in such a way as to be clearly/fully visible on the driver's side of the dash. The cost is \$0.50 for 1 ½ hours, \$1.00 for 3 hours, and \$3.00 for 24 hours.

Student permits are also available at : One month permit is \$47.25 (includes GST) , Two month semester is \$94.50 (includes GST) Four month semester is \$189.00 (includes GST), Eight month semester is \$378.00 (includes GST), Annual is \$567.00 (includes GST). *(Please note that prices may be subject to change).*

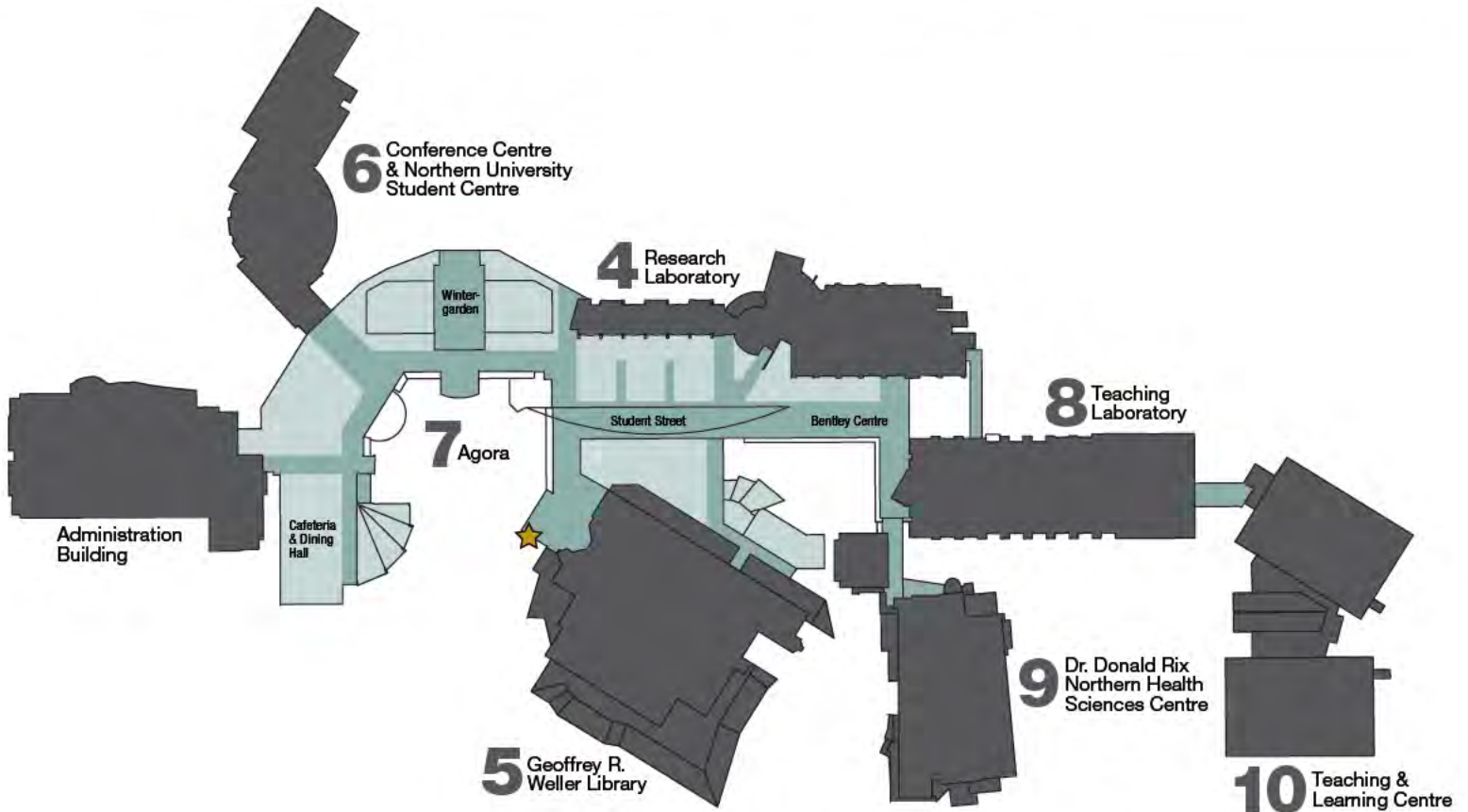
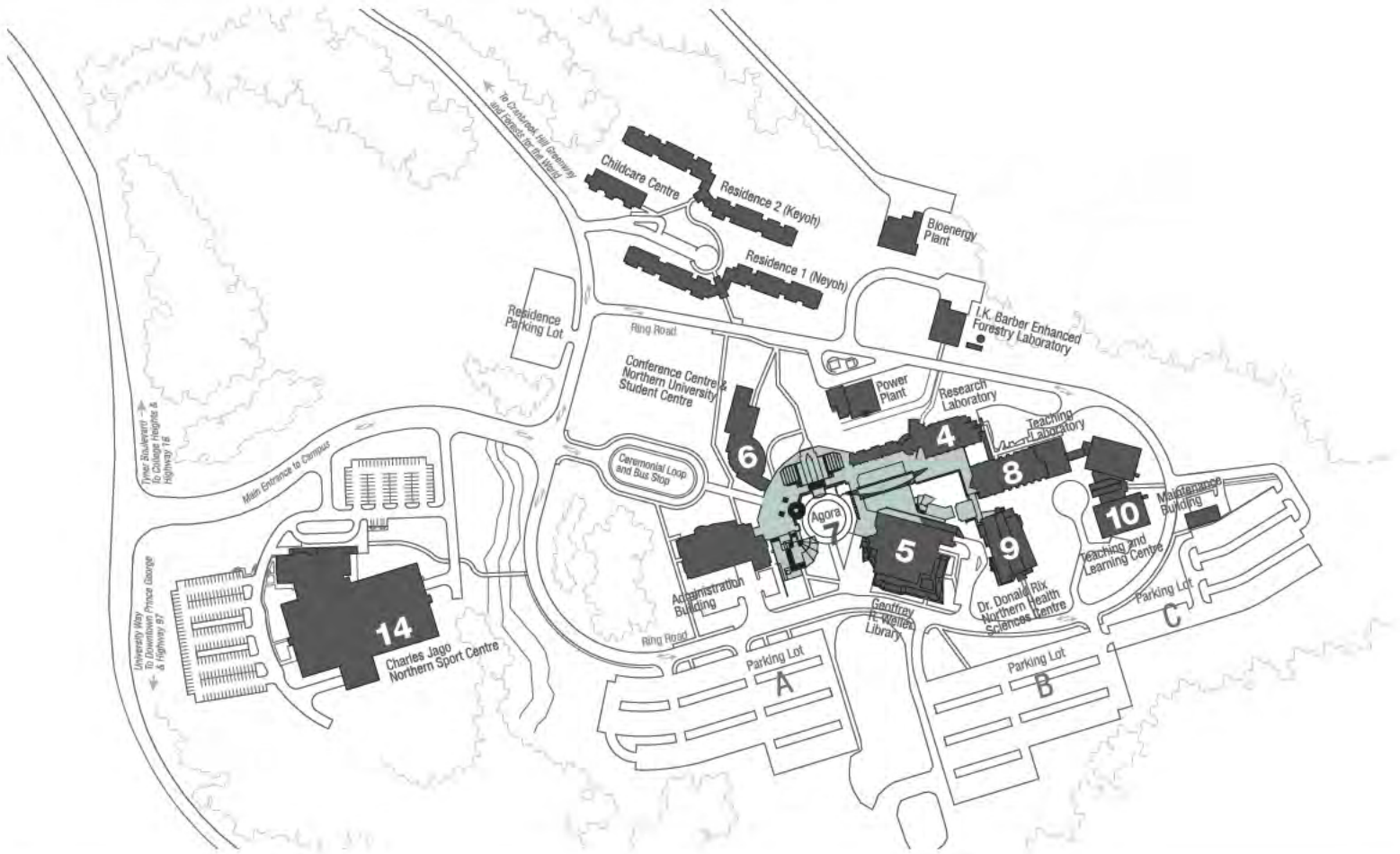
Parking at Northern Sport Centre: UNBC Student Parking Permits are only valid in the South Lot of the NSC, in the last four rows on the East side (70 Stalls). Signage is in place. Vehicles with valid NSC dispenser ticket stubs are also permitted here as well as throughout the NSC parking lots. Without a Student Parking Permit, a ticket stub must be purchased to park at the Northern Sports Centre.

Parking in designated spaces for people with disabilities is free providing the vehicle displays a provincial or municipal disabled parking permit. UNBC temporary disabled parking permits may be issued with a valid doctor's certificate stating the duration required. UNBC Temporary Disabled Parking Permits are subject to the same bylaws as the provincial "Designated Accessible Parking" permits. Disabled Parking is located in Lots A, B, C, Ring Road (adjacent to the UNBC Courtyard), between the Library and the Medical Building. There is also a disabled parking space located in the Laboratory Loading Area between the two Lab. buildings.

Vehicles may be immobilized for: Unpaid fines, Permit/Stub/Citation alteration, or Parking/Security Director request. Removal of vehicle boot will only be done when all citations are paid as well as the fee for boot application (\$25.00) is paid in full.

Students living in Residence on campus can apply for a parking space through the Housing Office.

Prince George Campus Map



Contact

Advising Centre

Phone: 250-960-6306
E-mail: advising@unbc.ca

Academic Success Centre

Phone: 250-960-6367
E-mail: asc@unbc.ca

Access Resource Centre

Phone: 250-960-5682
E-mail: arc@unbc.ca

Alumni Association of UNBC

Phone: 250-960-5873
E-mail: alumni@unbc.ca

Athletics and Recreation

Phone: 250-960-5331
E-mail: intramurals@unbc.ca

Awards and Financial Aid

Phone: 250-960-6319
E-mail: awards@unbc.ca

Blackboard/Learn

Phone: 250-960-5321
E-mail: support@unbc.ca

Convocation Office

Phone: 250-960-6304
E-mail: convocation@unbc.ca

First Nations Centre

Phone: 250-960-5772
E-mail: kathy.shaw@unbc.ca

Geoffrey R. Weller Library

Phone: 250-960-6613 (Circulation Desk)
E-mail: librarycirculation@unbc.ca

Green Centre

Phone: 250-960-6623

IT Help Desk

Phone: 250-960-5321
E-mail: support@unbc.ca

Housing

Phone: 250-960-6430
E-mail: housing@unbc.ca

International Exchange & Student Programs

Phone: 250-960-5702
E-mail: kendra.starr@unbc.ca

Peer Support Network

Phone: 250-960-5619
E-mail: peercounsellor@unbc.ca

Northern Sport Centre

Phone: 250-960-6366
E-mail: nsc-operations@unbc.ca

Northern Undergraduate Student Society

Phone: 250-960-6427
E-mail: nugss-hello@unbc.ca

Parking Services

Phone: 250-960-5690
E-mail: parking@unbc.ca

Registrar's Office

Phone: 250-960-6300
E-mail: registrar-info@unbc.ca

Security

Phone: 250-960-7058 (non-emergency)
250-960-7000 (emergency)
E-mail: unbcsecurity@unbc.ca

Student Career Centre

Phone: 250-960-6598
E-mail: hirestudents@unbc.ca

Student Life Department

Phone: 250-960-5449
E-mail: studentlife@unbc.ca

Wellness Centre

Phone: 250-960-6369
E-mail: wellness@unbc.ca

Must Do's!

Must Do's at UNBC

- Watch a Timberwolves game
- Visit the Farmer's Market
- Join a club
- Tour the Bioenergy plant
- Try the coffee at Degrees
- Read an issue of Over the Edge
- Tune in to CFUR radio (88.7 FM)
- Attend an informal monthly chat with the President
- Have lunch at the Thirsty Moose
- Find a cozy study spot
- Play hockey on an outdoor rink
- Take a picture with the Timberwolf mascot
- Attend the UNBC Artisans of the North Fair
- Explore the fish tanks in the teaching and research laboratory buildings.
- Buy some UNBC swag
- Walk, ride, or run through Forests for the World

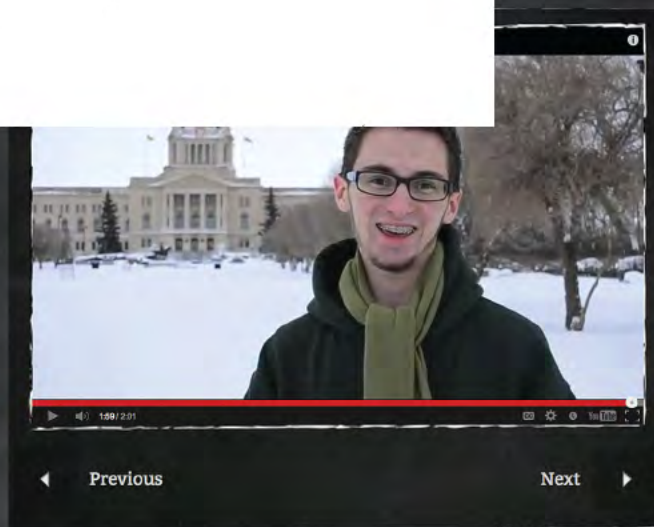


Must Do's in PG & Surrounding Area

- Go to a Cougars or Spruce Kings Hockey Game
- Snowshoe through the Ancient Forest
- Watch a live play at Theatre Northwest or the Prince George Playhouse
- Attend the Coldsnap Music Festival
- Explore crafts and foods from Artisans local and abroad at Studio Fair
- Visit the Two Rivers Art Gallery and Exploration Place
- Enjoy a concert at the CN Centre or Vanier Hall
- Take in live musical performances at Books and Company
- Treat yourself to an afternoon or evening performance with the Prince George Symphony Orchestra
- Spend some time at one of the many parks in the area such as Cottonwood Island Park, Connaught Hill, Fort George Park, and Rainbow Park
- Go to the movies (The Famous Players 6 Cinema Theatre is located in Parkwood Place and depending on the season the Park Drive-in Theatre, located 10 km outside of town, is also an option)
- Appreciate an afternoon or evening with friends at one of our many local restaurants
- Go shopping on Specialty Avenue (3rd and 4th Avenue) Downtown.
- Take in a day of snowshoeing or cross-country skiing at the Otway Nordic Ski Centre.
- Go downhill skiing at one of the many ski hills in the area such as the Hart Highlands Ski Hill, the Tabor Mountain Ski Resort, the Purden Ski Village, or the Power King Mountain Resort.
- Explore one of the many galleries, museums, or historical attractions listed on the Golden Raven attractions website at <http://goldenraven.ca/>.
- Checkout Tourism Prince George at <http://tourismpg.com/> for many more great ideas



UNBC's CAMPUS CORRESPONDENT



UNBC's Campus Correspondent

Starting in September, Lukas Bosch, a Grade 12 student from Regina, Saskatchewan, will be UNBC's first-ever Campus Correspondent. Lukas was one applicant for the Northern Exposure Award that attracted 27 video submissions to the contest, more than 13,000 votes, and 46,000 video views.

Lukas's video talks about sustainability, the importance of immersing oneself in the surrounding environment, and his passion for arts and culture. View Lukas's video at unbc.ca/northernexposure.

"One of the things I'm really excited about in going to the Prince George area next year is the access that Prince George and UNBC have to nature," says Lukas. "I cannot wait to experience this wild beauty for myself." The environmentally conscious student fell in love with the campus and the community during his first visit to UNBC last September.

"Lukas is an excellent example of the passion our students bring to UNBC, and I look forward to meeting him when he starts classes in the fall," says UNBC Dean of Student Success and Enrolment Management, Dr. Bill Owen. "His drive and energy will be an exciting addition to campus life."

Lukas will write a blog, produce videos, take photos, and engage with the community through various social media platforms, all with an eye towards showcasing the UNBC experience by drawing on the activities of a student living it day-to-day.