

# HESApedia





# HIGHER EDUCATION STUDENT AFFAIRS

Indiana University Bloomington

Indiana University Purdue University Indianapolis

Students from the HESA program at IUB and IUPUI have compiled the information in this guide. We hope that this guide answers many of your questions, whether you will be living in Bloomington or Indianapolis!

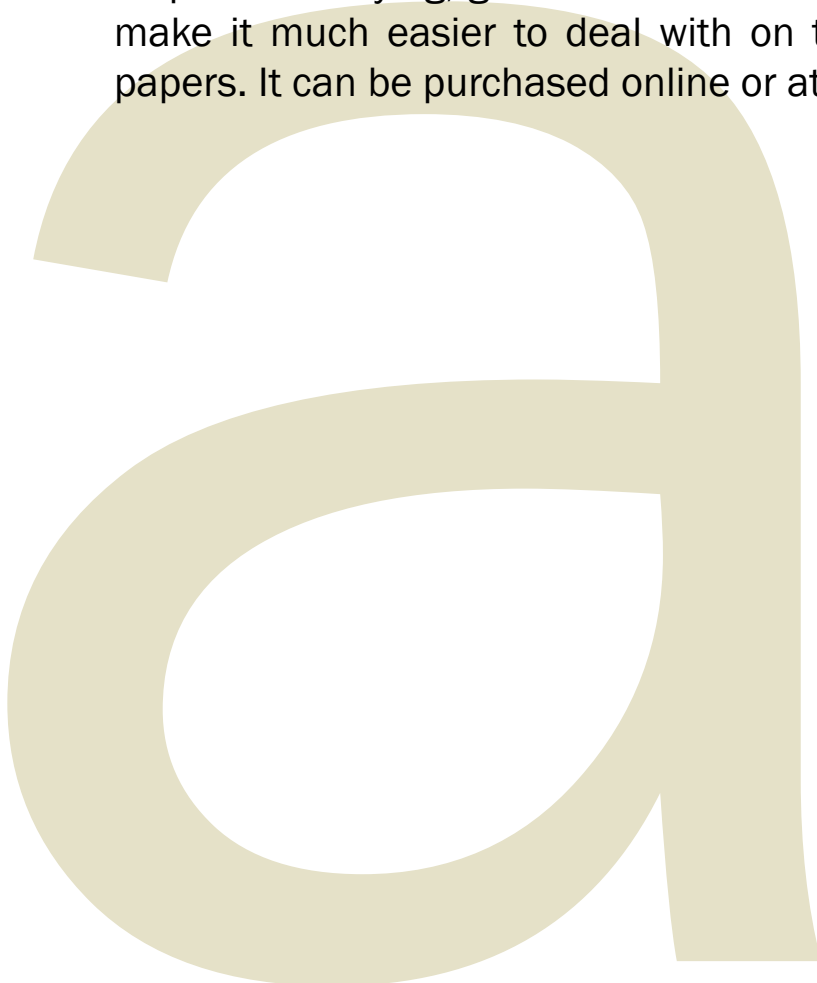


## APA Writing Style

Your classes require papers to follow APA guidelines so be proactive about learning the style; it will save you a substantial amount of time later down the road. Most importantly, do not be afraid to ask fellow students, faculty, or writing centers to edit and critique your writing.

American Psychological Association. (2009). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: American Psychological Association.

\*Tip: When buying, go for the wire-bound manual. It will lie flat and make it much easier to deal with on those long nights of writing papers. It can be purchased online or at bookstores.





# Apartments/Housing

## **Bloomington: On-Campus Apartments**

There is a wide selection of apartments on campus that are administered by the university, most of which are a convenient walk to the School of Education. Information is available through the following telephone numbers & email addresses:

Apartment Housing Assignment Office: (812-855-6600)  
[apthouse@indiana.edu](mailto:apthouse@indiana.edu)

BBHN—Banta, Bicknell, Hepburn, McNutt: (812-855-3578)  
[campview@indiana.edu](mailto:campview@indiana.edu)

Campus View Apartments: (812-855-3578)  
[campview@indiana.edu](mailto:campview@indiana.edu)

Evermann, Redbud Apartments: (812-855-4307)  
[evermann@indiana.edu](mailto:evermann@indiana.edu)

Tulip Tree, University East & West: (812-855-2108)  
[tultree@indiana.edu](mailto:tultree@indiana.edu)

## **Bloomington: Off-Campus Apartments**

IU Bloomington Rentals: <http://www.iubloomingtonrentals.com/>

GPSO Housing Links: <http://www.indiana.edu/~gpso/housing.php>

Apartment Guide: <http://www.apartmentguide.com>

Herald Times Online: <http://www.heraldtimesrentals.com>



## Apartments/Housing, Continued

### Indianapolis: On-Campus Apartments

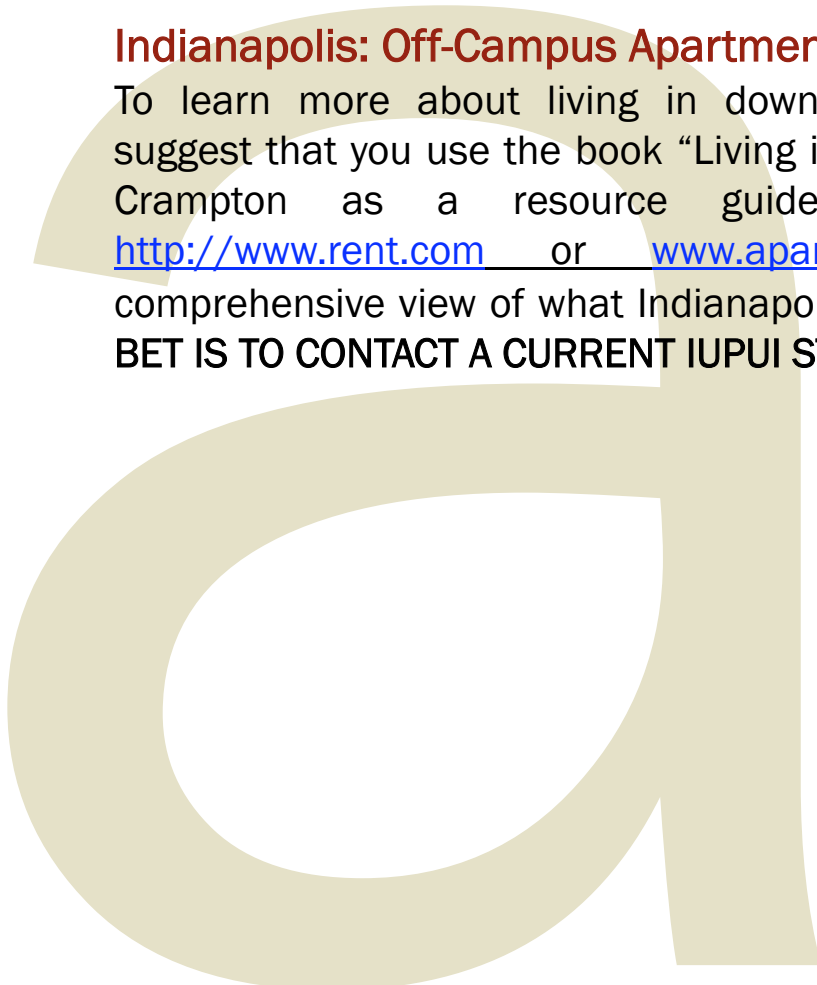
Riverwalk Apartments— Apartments on the Riverwalk offer one, two, or four bedroom apartment options for undergraduates, graduates, and professionals.

Townhomes— Graduate townhomes are one and two bedroom units and are two stories. The monthly rental rate will include all utilities.

Visit the following website for more information:  
<http://life.iupui.edu/housing/oncampus/>

### Indianapolis: Off-Campus Apartments

To learn more about living in downtown Indianapolis I would suggest that you use the book “Living in Downtown Indy,” by Norm Crampton as a resource guide. You can also visit <http://www.rent.com> or [www.apartmentguide.com](http://www.apartmentguide.com) for a comprehensive view of what Indianapolis has to offer. **YOUR BEST BET IS TO CONTACT A CURRENT IUPUI STUDENT!**





## Assistantships: Changing

It is important to remember that this is your time to learn and grow as a graduate student and future professional in the field of Higher Education. Each year, a few individuals decide to change assistantships for a variety of reasons. Perhaps the job expectations are not what were originally anticipated, maybe the benefits of the position changed, or, sometimes, it is simply not a good fit. Whatever the reason, realize that you have the opportunity to look for another assistantship.

One of the most important aspects of this process is to openly communicate with your current assistantship provider AND the office(s) you are interested in regarding potential employment.





# Athletics

## **Bloomington: Welcome to Big Ten Athletics!**

If you have not already noticed, the two largest sports on campus are Men's Basketball and Football. Season tickets for football are only \$30 for all home games. Season tickets for men's basketball go on sale in early October, and they are definitely in high demand. Groups of up to 8 people can sit together at home games, so talk to friends from your cohort about buying season tickets and enjoying one of the finest college basketball experiences you will ever see. Single game tickets are also available. Moreover, do not forget to join other HESA students in tailgating before the football games! For more information on all of the varsity sports at IU-B, check out the Athletic Department website: <http://iuhoosiers.cstv.com>. GO HOOSIERS!

## **Indianapolis: Welcome to Mid-Continent Athletics!**

With 14 different varsity sports, this is definitely a NCAA Division I school. Men's soccer and Men's and Women's basketball are the main attractions at IUPUI, but all events are fun and FREE, or next to nothing! With the exception of the Men's and Women's basketball games, tickets can be purchased for between \$2 and \$5 for all home sporting events. Basketball tickets can be purchased for between \$3 and \$7 per game. For more information on IUPUI Jaguar Athletics, feel free to visit the Official site of the IUPUI Jaguars: <http://www.iupuijags.com>. GO JAGUARS!



# Banking

There are many options available for your banking needs in Bloomington and Indianapolis. We have compiled a short list of banks in the area below. Chase and the IU Credit Union have many branches around town and ATMs in the Indiana Memorial Union (IMU).

**Bloomington** (most commonly used by students; not an exhaustive list):

## Credit Unions

IU Credit Union

[www.iucu.org](http://www.iucu.org)

Indiana Memorial Union

(812) 855-7823

## Banks

Chase

[www.chase.com](http://www.chase.com)

100 S College Ave

(812) 331- 6229

Fifth Third Bank

[www.53.com](http://www.53.com)

3200 E 3<sup>rd</sup> Street

(812) 332-2293

3415 W 3<sup>rd</sup> Street

(812) 323-3600

Bloomfield State Bank

[www.bloombank.com](http://www.bloombank.com)

1301 N Walnut

(812) 334-9905

Civitas Bank

[www.civitasbank.com](http://www.civitasbank.com)

200 S Washington

(812) 339-1131

Key Bank and Trust

[www.keyb-t.com](http://www.keyb-t.com)

418 S College Mall Rd

(812) 331-0600

Old National Bank

[www.oldnational.com](http://www.oldnational.com)

121 E Kirkwood

(812) 332-9465

Irwin Union Bank

[www.irwinunion.com](http://www.irwinunion.com)

1175 College Mall Rd

(812) 355-2700



## Banking, Continued

**Indianapolis** (most commonly used by students; not an exhaustive list):

### Credit Unions

Indiana Members Credit Union

[www.imcu.com](http://www.imcu.com)

IUPUI Campus Center

Chase

[www.chase.com](http://www.chase.com)

Fifth Third Bank

[www.53.com](http://www.53.com)

### Banks

Old National

[www.oldnational.com](http://www.oldnational.com)

National City

[www.nationalcity.com](http://www.nationalcity.com)

National Bank of Indianapolis

[www.nbofi.com](http://www.nbofi.com)



## Books

Find a colleague who has taken the class before, borrow the book from a library, start your own Higher Education library! When you do buy, think about keeping your books for a reference in future classes. If money is an issue, book buyback is always an option. Just remember, books ordered online can be cheaper ([www.half.com](http://www.half.com), [www.ecampus.com](http://www.ecampus.com), [www.abebooks.com](http://www.abebooks.com)). Renting books is also an increasing trend, utilizing websites such as [www.chegg.com](http://www.chegg.com).

### School-Related Bookstores

IU-Bloomington Bookstore: <http://www.iubookstore.com>

T.I.S. Bookstore in Bloomington: <http://www.tisbookiu.com>

IUPUI Bookstore <http://www.bookstore.iupui.edu>

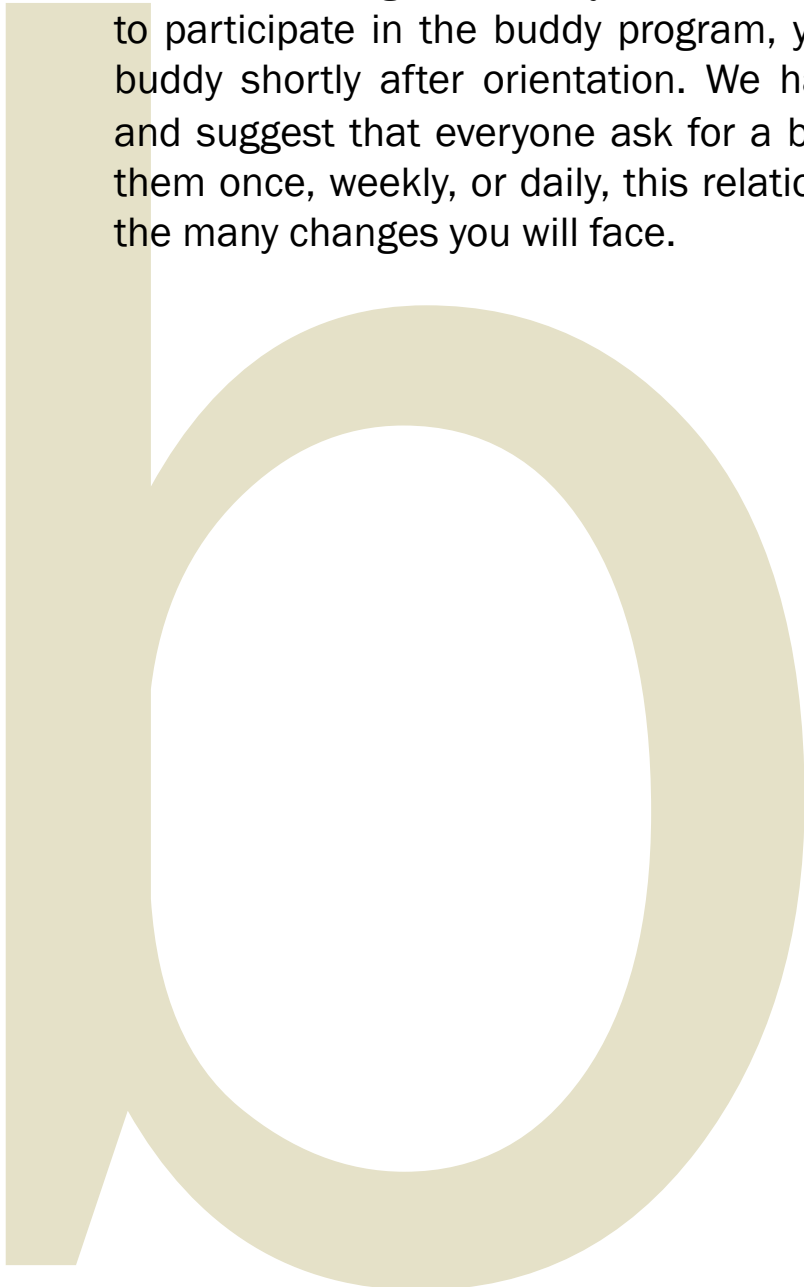
Indy's College Bookstore: 601 West 11<sup>th</sup> St

Textbook Alternative (222 West Michigan St)  
[www.thetextbookalternative.com](http://www.thetextbookalternative.com)



## Buddies

The buddy system enables new HESA students to be matched with a second year based on common goals, experiences, and interests. The purpose of the program is to provide a mentoring relationship where the “buddy” provides information and support for the “newbie” during their first year in the HESA program. If you choose to participate in the buddy program, you will be connected with a buddy shortly after orientation. We had great buddy experiences and suggest that everyone ask for a buddy! Whether you talk with them once, weekly, or daily, this relationship will help you adjust to the many changes you will face.





## CAPS – Counseling and Psychological Services

Sometimes managing school, work and our personal lives can be very demanding and stressful, CAPS is located in the Union Building at IUPUI and in the Health Center at IUB. CAPS exist to promote the psychological well-being and success for all students. Every student who has paid the health fee receives two free visits to CAPS. These sessions can assist students with a wide range of concerns including, but not limited to, stress, time management, relationship, parenting, depression, and anxiety. CAPS offers one-on-one confidential counseling meetings as well as group sessions. In addition to counselors, CAPS employs psychiatrists. For more information, visit the website: [www.life.iupui.edu/caps](http://www.life.iupui.edu/caps) or [www.indiana.edu/~caps](http://www.indiana.edu/~caps).





## Classwork

Everyone has a different approach to completing class-work. The important point to make is that you need to allow yourself time to get it done. Class-work is a priority! As you get into the daily grind and excitement surrounding assistantships, practicum, and other activities, it can be easy to lose sight of the fact that we are here to earn a graduate degree. Make sure that you “do the reading.” You may not remember all the details, but you will find that a few ideas will resonate.





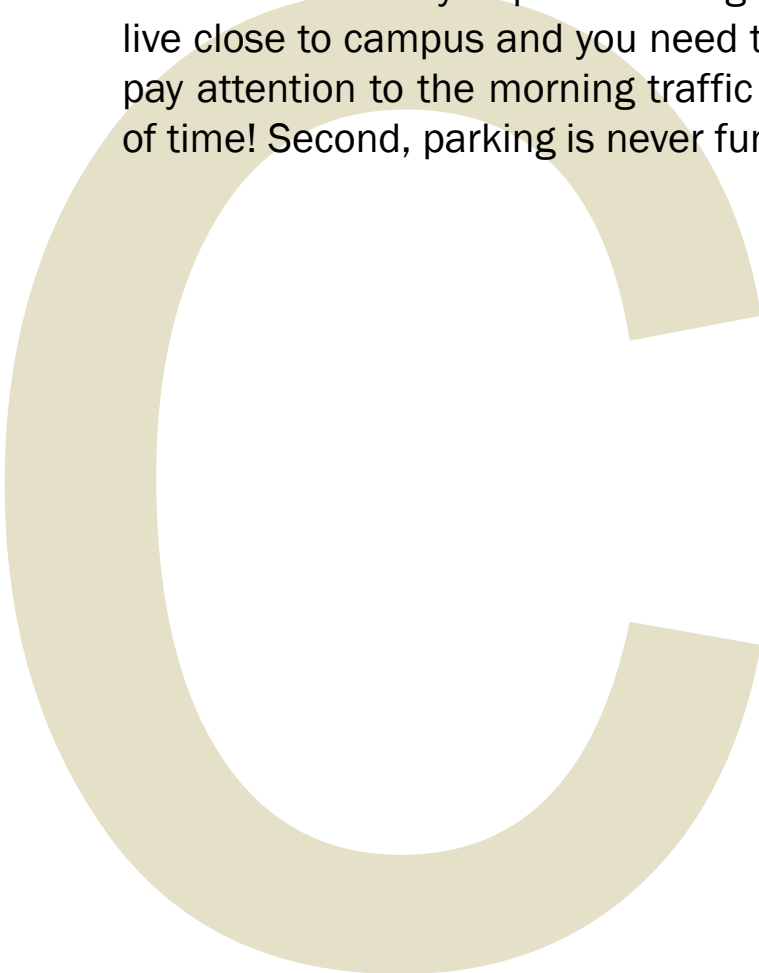
# Commuting

## To Bloomington

Some students hold an assistantship in Indianapolis and/or live in Indianapolis and attend classes in Bloomington. The commute takes approximately one hour and ten minutes, door to door, which is not bad when commuting with a friend and good music. If you buy a parking permit at IUPUI, it is valid on the Bloomington campus, too. An IUPUI “B” permit equals an I-B “C” permit. Parking can be challenging in Bloomington, so give yourself enough time!

## To IUPUI

There are two very important things to consider. First, if you do not live close to campus and you need to get to IUPUI earlier in the day, pay attention to the morning traffic reports. They can save you lots of time! Second, parking is never fun; give yourself plenty of time.





# Commuting, Continued

## Tips for Travel

- Find a travel buddy to help time fly and to cut gasoline expenses.
- Allow yourself plenty of travel time. Try to avoid rush hour. Arrive early and study if necessary, or meet another cohort member for breakfast or lunch.
- Try to schedule your classes on the same day in order to limit trips to campus. Learn the art of doing group work online and become very friendly with your e-mail.
- Know where you can park and how the bus system works. Get to know the campus. Drive around campus prior to the start of classes.
- HESA students know how to have a great time! Try to attend social events and activities when you are able. Get to know your cohort on both campuses. They are a wonderful resource and a great support system.
- Talk to current commuters to determine the quickest routes if you cannot carpool.



# Dining On Campus

## Bloomington

RPS Dining. Available to residents and commuters, including all you can eat or food court style. For more information check out <http://rps.indiana.edu/mealplanservices.cfml>.

The Indiana Memorial Union. Options include Burger King, Pizza Hut, Starbucks, and more!

## Indianapolis

Campus Center: Chick-fil-a, Mondo Subs, Caribou Coffee, Bamboo Asian Cuisine, Coyote Jack's Grill, Mamma Leone's, Wild Greens, Starbucks (in the Barnes and Noble) --- This is your best bet for one-stop eating but it can be a little pricey, though.

The Law School Café (Inlow Hall): Sandwiches, salads, beverages, and snacks

Chancellor's (University Place Hotel): Full service restaurant with dining and bar

McDonald's (Riley Hospital) and full cafeteria.

IU Hospital Cafeteria (Across Michigan from Campus Center): Sounds odd, but this is a great place to get a nutritional meal at very little cost.



## Diversity

Indiana University as well as the HESA program continually reaffirms a commitment to diversity. The School of Education has a standing committee on diversity, and IU has a large international student population. The Neal-Marshall Center, La Casa, the Asian Culture Center, First Nations Educational and Cultural Center the GLBT Student Support Services, Office for Women's Affairs, Hillel Center, and the Dowling International Center, among others, all provide outreach to and programming for students on campus.

Within the cohort, many students work with underrepresented groups on campus. Opportunities include the cultural centers, the TRIO program, different programs within functional areas, and work in the community. Moreover, many students within the HESA program are first generation, part-time, have children, practice a number of faiths and have spent time abroad.

In addition to resources within the two campuses, HESA students also participate in graduate student organizations for underrepresented populations. Members of the Bloomington cohort are also involved in organizations on campus including the Latino Graduate Student Association (LGSA) and the Black Graduate Student Association (BGSA) and students at IUPUI participate in the Underrepresented Professional and Graduate Student Organization (UPnGO).

The Indiana University Office of Academic Support & Diversity hosts a webpage with a directory of diversity resources at [www.indiana.edu/~asd/diversity/resources.html](http://www.indiana.edu/~asd/diversity/resources.html).



## Email

You will receive an email address from IU to use while you are in the program. You should receive information on how to set up your email in your welcome packet. If you have any problems, contact UITS—they are amazing: <http://uits.iu.edu>.

### Indianapolis

Since you are an IU HESA student, your email will automatically be created with an @indiana.edu. You can request to have your email changed to an @iupui address and anyone who contacts you via @indiana will also go to your @iupui email address. For example, anyone can email jonny@indiana.edu or jonny@iupui.edu and they will go to the same account- just set it up with UITS!





## Financial Aid

One of the hardest parts about going to school is paying for it. Since an assistantship is required for HESA, most students are able to get some form of stipend or partial fee remission. Even so, additional financial aid may be needed. The first step in applying for financial aid is to go to <http://www.fafsa.ed.gov/> and fill out the Free Application for Federal Student Aid (FAFSA). There is a deadline if you are paid through Federal Work Study so do not delay. Make sure you include IU's school code on your FAFSA. It is 001809. Details about financial aid can be found through the Office of Student Financial Assistance at <http://www.indiana.edu/~sfa>. **DISCLAIMER:** The information here just brushes the surface of financial aid. If you have never had to seek out financial aid in the past, it is suggested that you meet with an advisor in the Office of Student Financial Assistance or at least thoroughly review their website.



# Financial Aid, Continued

## Loans

Graduate students may be eligible for up to \$18,500 per full academic year in Federal Stafford Loans. Up to \$8,500 of your Stafford loans can be subsidized, this is where the federal government pays the interest on your loan while you are in school. The remaining \$10,000 is always unsubsidized. The current in-school interest rate is 6.54%. This changes every July 1, and will never exceed 8.25%. If you filed your FAFSA, the maximum loans will automatically be processed for you. An Important note is that if you wish to cancel your loans before they are distributed...you must do this by calling the financial aid office or cancelling on OneStart. For more information: IU Office of Student Financial Assistance: <http://www.indiana.edu/~sfa> or (812) 855-0321.

## Consortium Agreement (taking classes at IUPUI?)

Many students taking IUPUI classes need to fill out a Consortium Agreement in order to receive financial aid from Bloomington. Since IUPUI HESA students are technically IU Bloomington students (just taking classes up in Indianapolis), you will need to indicate "IU-Bloomington" as your school on your FAFSA instead of IUPUI. Then, every semester (at least 3 weeks before classes start), you will need to fill out a Consortium Agreement in order for IU-Bloomington to be able to give you aid while taking classes at IUPUI. See the Office of Financial Assistance- Bloomington for more information and forms: <http://www.indiana.edu/~sfa>.



## Getting Adjusted

A few tips to help your transition, whether you are coming from undergrad, coming from the professional world to start full-time, or are continuing to work full-time and taking classes part-time:

- Become familiar with your campus. Ask questions about the best way to get around and how to find different places on campus.
- Explore Bloomington and Indianapolis. The cities offer a number of experiences that can support and enhance your time at IU.
- Manage stress! You will have a lot of work and time commitments, but it is important to take time for yourself. Work out, take a walk, see a movie, read a book for fun; the list goes on and on. It is important to use the resources around you such as peers, CAPS, friends and family.
- Get to know faculty members. Many are willing to meet with you to discuss homework, classes, and assistantships.
- Utilize second years. They have been through it and can help you to navigate all those issues and questions that will arise. Ask about classes, professors, the practicum experience, anything about the HESA program, and the community. The second years can help you to navigate the program without reinventing the wheel.
- Proof your work. Ask another student to look over your work. Check your references against your APA manual.



## GPSO: Graduate and Professional Student Organization

### Bloomington

<http://www.indiana.edu/~gpso/>

The GPSO is the official governing body of the graduate student population for IUB. Current graduate issues and concerns have been about dental care, health care premiums, childcare, and stipend allocation. The GPSO does a great job providing a voice to the graduate population and is in constant contact with administrative officials. The GPSO also sponsors many programs and events on campus such as the Annual GPSO Picnic, New Graduate Student Orientation, the Housing Board, and seasonal social events.

Each year a certain portion of the student activity fee is allotted to fund the GPSO. This allows for elected positions as well as hired staff members. The departmental representatives are elected students from each academic department and vote on resolutions and amendments proposed at any GPSO meeting. However, any graduate student may be a member of the GPSO and attend meetings sans voting rights. Student organizations such as the HESA Indiana Student Personnel Association elect representatives to attend GPSO meetings to relay information between the organizations. The GPSO is overseen by the University Graduate School by an official Omsbudsperson.

As a member of the GPSO, it is a great opportunity to learn about the governance of a graduate student body, as well as the political operation of a large university. Lastly, by attending meetings and events sponsored by the GPSO it is an opportunity to meet other graduate students outside of the HESA program.



## **GSO:** Graduate Student Organization

### **Indianapolis**

<http://gso.iupui.edu/>

Established in 1990 to improve the quality of graduate and professional student life, the Graduate Student Association (GSO) relays the needs of graduate and professional students to the IUPUI administration and the general student body.





# Health Care

## Hospitals

Bloomington Hospital (601 W 2nd St.): Visit

<http://www.bloomingtonhospital.org/>

IU Hospital in Indy: (550 N. University Boulevard): Visit

<http://iumg.iupui.edu/C11/IUHospital>

Wishard Memorial Hospital in Indy: (1001 W 10th St) Visit

<http://www.wishard.edu/>

## Insurance

Most assistantships will provide health insurance. This past year it was through Chickering/Aetna. The school turns in all the paperwork to the company for you, and you will receive an insurance card. With Chickering, not all prescriptions will be covered if you do not get them filled at the campus health center.

NOTE: Your insurance card through Chickering/Aetna may only be accepted in certain counties within Indiana.

## Greek Insurance

Most national and international fraternities and sororities offer short-term major medical insurance through the company that insures the organization as a whole. You will need to check out the national website of the organization you are working for and see what is provided to you insurance-wise.



## Internships

Many students obtain summer internships. Not only can an internship help you to gain additional experience, it can help you to cultivate contacts, explore different types of institutions, make money, and earn class credit. Internships can be found in a number of ways. Many of the professional organizations offer internship opportunities with the member institutions (NODA and ACHUO-I are the most common). Some come through the HESA and IUSPA list-serves. Deadlines typically range from November to March.

Utilize IU connections. If you are interested in a specific school or area, send your resume and a letter of interest to an appropriate dean, director, or coordinator. Whenever you send information to a school, see if you or someone you know has a connection to the institution.



## Intramurals

Intramural sports are a great way that HESA students blow off extra steam. They are also a great way to get to know some of the other members of your program that you might not otherwise see outside of the classroom or the office. HESA intramural teams are definitely a great way to have fun with your fellow cohort members.

### Bloomington

IUB offers around 25 different intramural sports for its students at different times in the year. The costs to participate in an intramural sport range from \$10 for dodge ball to \$25 for golf.

There are even opportunities for students and staff to become officials for the intramural sports. For information on officiating and on intramural sports, in general, please visit: [http://www.iurecsports.org/intramural\\_sports](http://www.iurecsports.org/intramural_sports).

### Indianapolis

IUPUI loves their sports and students often will commute back to campus to participate in their 11 intramural sports. Instead of paying individually for the sports, those interested in creating a team need to make sure that all of their teammates have paid the semester recreation fee. Some of the sports the IUPUI has to offer include basketball, ultimate Frisbee, floor hockey, and whiffleball. Some of the sports can be played on an individual basis while others are only scheduled by teams. Those seeking more information can check out the Intramural & Recreational Sports site: <http://www.iupui.edu/~iupuirec>.



## IT/Computing

In 2004, IU was rated by Intel Magazine as the top wireless campus. IU has all of the computing services you could ever imagine. There are discounts on software ranging from Windows operating systems, to design packages like Adobe or Macromedia. You can check these out at [www.iuware.iu.edu](http://www.iuware.iu.edu). You can even get a discount on your Cingular wireless cell phone! IU offers STEPS workshops to help you get trained on programs such as Access, Word, Flash, and SPSS. These are non-credit and very beneficial. In addition, IU offers a 24-hour technology support service that will help with you all of your IT-related issues. The University Information Technology Services (UITS) support center phone number is 855-6789 (5-6789 if on campus) and they can help you with a variety of services. Check them out at <http://uits.iu.edu/>. In order to connect to the wireless network at IU, you will need to register your computer to the network. Details on this are available on the UITS website. There are numerous email and other computing stations across campus for use by students, faculty, and employees.



## **IUSPA:** Indiana University Student Personnel Association

### **Bloomington**

IUSPA is the student governing body of the HESA program and a great way to get involved when you get to IU! The organization is made up of HESA students from the IUB and IUPUI campuses who are concerned about and who want to contribute to and enhance the HESA experience. We influence program practices and policies and plan major HESA events, such as Orientation, Outreach, and Hooding. IUSPA is the primary source of professional development for HESA students, providing access to key administrators on IU's campus and their insight into the field of higher education and student affairs. IUSPA plans social events and community service projects that appeal to a variety of interests. The association also publishes one of the first and only peer-reviewed journals in the field! IUSPA even have a representative in the IU Graduate & Professional Student Organization (GPSO), which advocates for graduate student rights and represents our cohort's interests at the university level.

Visit <http://www.indiana.edu/~iuspa/> for more information.

### **Indianapolis**

IUPUI has an additional chapter of IUSPA to serve the specific needs of HESA students located on the Indianapolis campus. The IUPUISPA organization works collaboratively with the IUSPA organization at IUB to keep communication and professional development opportunities available to all HESA students. The Indianapolis Chapter has its own Executive Board and has many opportunities for involvement.



## Journal

IUSPA annually publishes a peer-reviewed journal and both master's and doctoral students are invited to submit papers. A review board is composed of master's students and doctoral students in the program.

Published for over thirty years, the journal is a great opportunity to get published and get research experience. The submission deadline is typically in January. All students are encouraged to submit papers for review.

Visit <http://www.indiana.edu/~iuspa/Journal/topics.html> for more information.



## Kids

It can be difficult balancing having a family with being in the program. You may want to consider speaking to your professor regarding your commitments to home, work, and school. It is important that you develop a support system.

If you are in need of childcare, you can contact your local Child Care Resource and Referral Agency:

### **Marion County**

Child Care Answers

1-800-272-2937

[www.childcareanswers.com](http://www.childcareanswers.com)

### **Monroe County**

Childhood Connections

1-866-693-0672

[www.childhoodconnections.org](http://www.childhoodconnections.org)



## Maps

You can find maps showing clear locations of businesses in Bloomington and Indianapolis at IUSPA's website: [www.indiana.edu/~iuspa/](http://www.indiana.edu/~iuspa/).

## Married/Domestic Partners

Being in a graduate program requires a serious time commitment, including nights and weekends. It is important to realize that your life will be consumed with classes, your assistantship and transitioning to graduate school. Recognize that your partner may not have the same experience as you are having. It is important to try to strike a good balance between giving your relationship time and getting to know your cohort. Your HESA classmates do not expect everyone to be available for all social gatherings. So, if you cannot attend everything, do not fret! However, partners are always welcome at HESA social events.



## Mirror Classes

A mirror class is a class that is listed as being held at both institutions by the same teacher, at the same time, but is actually only held at one. The reason that this is important is because it allows you to avoid paying mandatory fees twice (at IUPUI and IUB). In order to have a mirror class, the following must occur:

There cannot be another section of the same class by another teacher at the other institutions. For example, if Intro to Student Affairs is available at IUPUI and at IUB, you will not be able to register it as a mirror class. However, if Intro to Student Affairs is only being taught at IUB, then there is still the possibility it can be a mirror class.

You must ask for authorization as early as possible for this classification. Once you have a chance to look at the class listing for the next semester, and you find a class that you would like to set up as a mirror class, you need to contact your advisor and Sandy Strain to obtain authorization for the mirror class.

The School of Education is very experienced at setting up mirrored courses. However, other departments may have no idea what you are talking about when you contact them about this idea.



## Oncourse

Instructors use Oncourse to post syllabi, articles to read for class, class announcements, grades, submit papers, etc. The web address is <https://oncourse.iu.edu/portal>.

## OneStart

View your class schedule, register for classes, pay your tuition bill, view financial records, find your transcript, etc. The web address is <https://onestart.iu.edu>.

## Orientation

Welcome to the Indiana University HESA program! Whether you are studying on the Bloomington or Indianapolis campus, HESA orientation is designed to assist you in your transition to your respective campus, the program, and graduate school life. This year's program will provide incoming students the opportunity to register for their first semester of courses, meet with their faculty advisor in a small group setting, learn about traditions, and socialize/meet with each other and the faculty.

It is our hope that orientation will be informative, and you will feel prepared and excited about your new experience! We cannot wait to meet everyone in August!



## Parking: Bloomington

Parking spaces at IUB are divided into a number of types, each denoted by a letter and corresponding permit. Spaces are marked with the required permit. The following parking spaces are the ones that would tend to matter to graduate students:

A: Only instructors and full time employees are eligible for 'A' permits. These spaces tend to be the most convenient on campus, but are limited in numbers. An 'A' permit allows you to park in 'A,' 'C,' and 'E,' parking spaces.

C: Instructors, graduate assistants, and a variety of other university personnel are eligible to purchase 'C' permits. These are valid in 'C,' 'E,' and non-24 'A' spaces between 5pm-7am and all day Saturday and Sunday.

E: Anyone may purchase an 'E' permit. It allows you to park in 'E' spaces as well as non-24 'A' and 'C' spaces between 5pm-7am and all day Saturday and Sunday.

D: 'D' permits are only available to residence hall students and staff. These are broken down into a variety of zones (ex: D1, D2, etc) by residence hall location.

Anyone, with or without a permit, may park in 'E' and 'D' parking spots between 5pm Friday and 11pm Sunday. After 5pm it is much easier to park at the School of Education. Parking Operations requires parking permits for motorcycles and bicycles as well as cars. For more information on purchasing parking permits, appealing tickets, or paying tickets, visit [www.parking.indiana.edu](http://www.parking.indiana.edu).

If you need to drive to campus and you have not gotten a parking pass yet, you should park in a visitor's garage or metered spot. Please note that the garage parking is not cheap so you should arrange to get your parking pass as soon as possible. Check to see that your assistantship provider does not offer one before buying.

A useful note: Parking Operations offers motorist assistance (keys locked in car, dead battery, etc.) for cars legally parked in university parking spaces. Just call 812-855-9849.



## Parking: Indianapolis

To find parking maps, buy a permit online, pay tickets, and view IUPUI shuttle service routes, please visit [www.parking.iupui.edu](http://www.parking.iupui.edu). The Parking Services office is located in the Vermont Street Parking Garage adjacent to the Campus Center. Graduate Assistants are usually only eligible for the student “E” pass. Parking is easiest if you plan your weekly schedule to be on campus early in the morning, around 8-9 a.m. Monday-Friday. As opposed to IU, you may NOT park on the IUPUI campus without a pass in the evening or weekend hours. However, your “E” pass can be used in other non-E parking lots after 4 p.m. and on weekends. Free parking (24/7) is available at 1200 Indiana Ave (if going north on West St, turn left on Indiana Ave. The parking lot is on the left with a large Jaguar sign) with shuttle services running to the center of campus. You can also save on parking by riding the bus to campus (see bus information in the following transportation section).



## Part-Time Student Tips

Each year, a few students enroll on a part-time basis (fewer than 8 credit hours) while they pursue additional professional or personal goals. It is possible to complete the curriculum and program on a part-time basis, but it does take some planning and flexibility. Here are some things to keep in mind:

Carefully review the curriculum differences between the Student Affairs concentration and the Higher Education concentration. While the total number of required credit hours is the same, there are fewer required basic core courses in the Higher Education concentration. This translates to a little more flexibility in the Higher Education program because you can select from a broader range of recommended and/or elective courses. However, be aware that you may need to declare your program path early on.

The HESA program is geared toward full-time students, so it is inevitable that you will need to take courses during the day, unless you plan on taking IUPUI classes in the evenings. If you have significant full-time work experience in higher education, practicum and assistantship requirements may be waived (ask your advisor).

While you may have different responsibilities and be at a different place in your life than some of your peers, try to capitalize on social and extracurricular programming opportunities, also! It's an important part of the HESA experience and can be very rewarding!



# Professional Development

Professional development activities play an important role in the field of higher education and student affairs. IUSPA offers professional development opportunities that will help you learn about the field and grow as a professional. National and regional associations are also a great way to learn about the field. Professional associations publish journals on the newest trends and research about colleges. They also hold conferences which provide you with opportunities to attend educational sessions, volunteer, compete in case studies, and present sessions. These opportunities are essential to professionals in our field for building relationships and learning the newest information about colleges and universities.

It is encouraged that you join either the ACPA or NASPA during your time as a master's student. This is because these are the two main overarching organizations and the connections you make in these organizations can help you in your job search prior to graduation. The HESA department is actively involved in several Higher Education and Student Affairs associations on both the regional and national levels. The following are just a few of the associations that specifically focus on higher education and student affairs functional areas or research.



# Professional Development, Continued

American College Personnel Association (ACPA)

[www.myacpa.org](http://www.myacpa.org)

American Educational Research Association (AERA)

<http://www.aera.net>

Association of College and University Housing Officers International (ACUHO-I)

<http://www.acuho-i.org>

Association of College Unions International (ACUI)

<http://www.acui.org>

Association of Fraternity/Sorority Advisors (AFA)

<http://www.fraternityadvisors.org>

Association for Institutional Research (AIR)

<http://airweb.org>

Association for the Study of Higher Education (ASHE)

<http://www.ashe.ws>

National Association of Student Personnel Administrators (NASPA)

<http://www.naspa.org>

National Association for Campus Activities (NACA)

<http://www.naca.org>

National Orientation Directors Association (NODA)

<http://www.nodaweb.org>



## Registering for Classes

Registration for your first semester classes will be done during HESA Orientation. Subsequent course registration will be done on your own. Once registration for classes rolls around your second semester, check Onestart for your official registration appointment. Before your appointment, plan out exactly what courses you want to take and write down the time, professor, and section number to be sure you are choosing the right course in Onestart. Also, have a back-up plan if one of the courses you want is full. Finally, a few HESA classes require authorization from the department so make sure you are cleared by contacting Judy Crow before your appointment time. Planning early with registering is really the key to getting the schedule that works best for you.





# Religious Institutions

## Bloomington's Religious Resource

[www.idsnews.com/religious/](http://www.idsnews.com/religious/).

## Indianapolis's Religious Resource

<http://indianapolis.areaconnect.com/churches.htm>.

# Restaurants

## Bloomington Hot Spots

If you like international food, your first order of business is to take a tour of 4<sup>th</sup> Street in Bloomington. In addition, Bloomington is very vegetarian friendly city and you can find delicious vegetarian options in almost any restaurant in town. A list of many area restaurants can be found at [www.visitbloomington.com](http://www.visitbloomington.com) (click on the “going out” link) or [www.bloomingtownie.com](http://www.bloomingtownie.com).

## Indianapolis Hot Spots

Indianapolis is an urban locale with countless options for food and fun. You can even join the [Hole in the Wall Eating Club](#) and network to find your favorite Indy original site, no chains, of course. Check out [www.indy.org](http://www.indy.org) or [www.indy.com](http://www.indy.com) for more information.



## Shopping: Bloomington

Kroger (Grocery Store) 1175 S College Mall Rd.

O'Malia (Grocery Store) 512 S College Mall Rd.

Sahara Mart (International Grocery Store) 106 E 2nd St.

Target: (Next to the College Mall) 2966 E 3rd St.

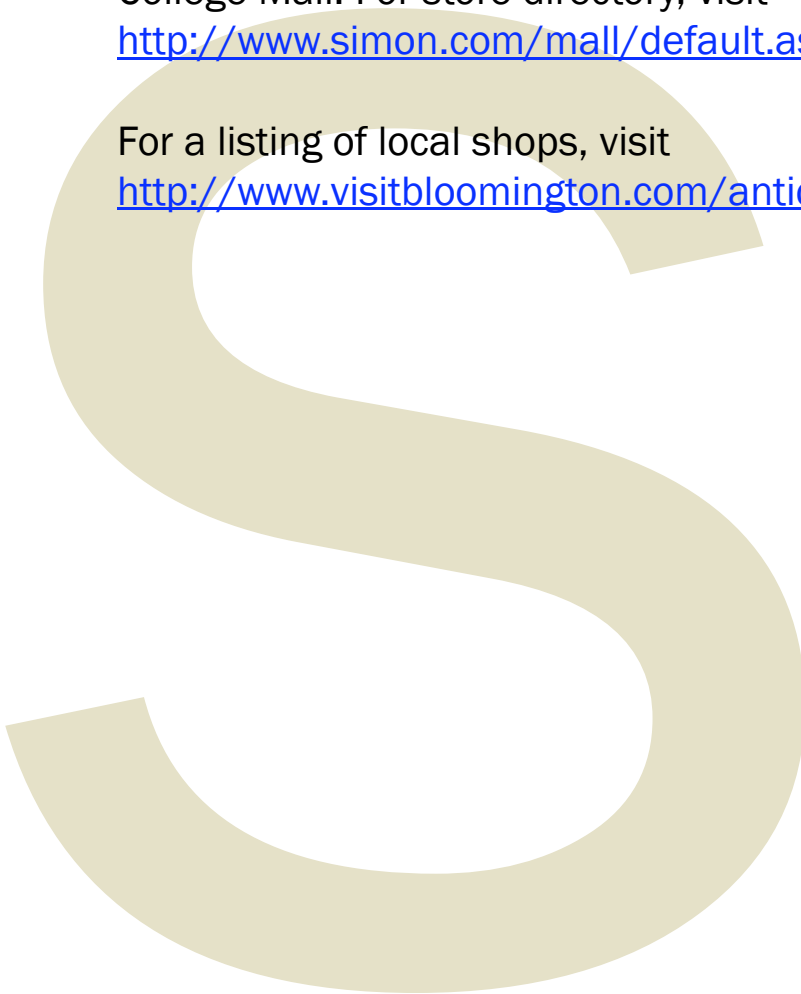
Wal-Mart: (Further than Target) 3585 W State Rd. 45.

College Mall: For store directory, visit

<http://www.simon.com/mall/default.aspx?id=148>

For a listing of local shops, visit

<http://www.visitbloomington.com/antiques-shopping/>





## Shopping: Indianapolis

Kroger (Grocery Store) 524 E 16th St.

O'Malia (Grocery Store) 320 North New Jersey.

Target: 3700 S East St.

Trader Joe's: 5473 East 82nd Street, 2902 West 86th Street

Wal-Mart: 3805 S Keystone Ave, 7325 N Keystone Ave, and 4545 Lafayette Rd.

Circle Centre Mall: For directory, visit <http://www.simon.com/mall/default.aspx?ID=163>.

For more local shops, visit <http://www.10best.com/Indianapolis.IN/Shopping/>.





## Social Life: Bloomington

○Sporting Events: Football, Basketball, Soccer, Little 500-a bicycle race held each year in April at IU; it was also the subject of the movie, Breaking Away.

○Opera or Ballet

○Brown County State Park (Indiana's largest state park!)

○IU Auditorium events

<http://www.iuauditorium.com/aud09/index.aspx>)

○Oliver Winery (tours & picnics)

○Cultural Events (at the Buskirk-Chumley Theater)

○Lake Monroe

○The Bluebird Nightclub (<http://www.thebluebird.ws>) – great place for live music!

○IU sponsored events (IU Sing!, Miss Gay IU, Haunted Campus Tour, Comedy Caravan)

○The Kinsey Institute (<http://www.kinseyinstitute.org/>)



## Social Life: Indianapolis

- There is so much to do in Indy! ([www.aroundindy.com](http://www.aroundindy.com) or [www.indy.org](http://www.indy.org) or [www.indy.com](http://www.indy.com))
- IUPUI Jagtag office ([http://www.jagtag.iupui.edu/official\\_id.htm](http://www.jagtag.iupui.edu/official_id.htm)) and the Campus and Community Life Office both offer student discounts for events around campus.
- Indy's cultural districts! Broad Ripple, Massachusettes Ave, Indiana Ave, and more!
- The Canal and White River State Park: stroll along the canal or enjoy a concert.
- Eagle Creek Park: one of the largest municipal parks in the nation with trails and a beach!
- IMAX Theater in the state museum
- Eiteljorg Museum of American Indians (get in free with IUPUI student ID!)
- Indianapolis 500 (*"The Greatest Spectacle in Racing"* - held in May)
- Indianapolis 500 Mini-marathon (13-mile running race, 5K also available - held in May)
- Indianapolis Indians Baseball, Indiana Pacers Basketball, and Indianapolis Colts Football!



## Study Abroad

There are options available for graduate students who would like to study abroad. If interested in studying abroad, you can research online, ask 2nd year HESA students and graduates of the HESA program, or contact the IUPUI or IUB study abroad offices to find out more about possible opportunities. Near the end of the first semester you will begin to receive emails through the HESA listserv that let you know about different study abroad options.





# Thesis

Deciding whether or not to choose the thesis option should be something that you discuss with your advisor. Some students have strong research interests and the desire to go on to complete a Ph.D., so the master's thesis option would be ideal. Master's students have the opportunity to take a thesis option in place of six elective credits. If this is an option you would like to consider, you should start arranging your thesis in the winter of your first year. The first step would be to decide upon a topic and a question that you would like to research. Once you have an idea, then approach a faculty member (most likely one with interests in that topic area) to request sponsorship for your thesis project. Once you have a topic and faculty advisor, then together, you will refine your ideas and determine a timeline.

One thing to note is that you must be persistent and forward with your search for a thesis advisor. If you approach faculty with an idea and a plan (also with the expectation that your ideas may be altered and refined), you will be able to find support for your thesis.



# Time Management

- You will be amazed by how much you can fit into one day when you prioritize. Work is important but do not forget to make time for yourself, work out, spend time with friends, and have fun!
- The ability to effectively multi-task is knowing what things need to be done and knowing what can be done simultaneously.
- Do not be afraid to finish a paper a week before the deadline!
- Consider taking fewer classes and giving yourself a chance to adjust to graduate school- 9 credit hours is the minimum for full-time grad students, so consider starting with 9 credit hours. I nearly went insane my first semester as I struggled to balance 20 hours/week for my assistantship and 11 credits. Be sure to leave some 'mental health' time in your schedule as you will likely need it.
- As hard as it is to do, make some time every week for yourself. Whether it is to exercise, watch football, or hang out with friends and/or family, this time will keep you sane.



# Transportation

## Bloomington

**Bus-** Both campus and Bloomington Transit (BT) busses are free with your IU student ID. BT buses typically run every 20 minutes while campus buses run continuously throughout the day. Check out [www.iubus.indiana.edu](http://www.iubus.indiana.edu) and [www.bloomingtontransit.com](http://www.bloomingtontransit.com) for more information on routes and times.

**Bloomington Shuttle** - The shuttle service is quite convenient for getting to the airport from campus and it only costs \$22 each way. The shuttle picks up and delivers from four different Bloomington locations leaving nine times a day beginning at 4:40 a.m. and ending at 8:40 p.m. Visit <http://bloomingtonshuttle.com/> for more information.

## Indianapolis

**City Bus-** IndyGo Indianapolis Bus System- [www.indygo.net](http://www.indygo.net). Save money on gas! Skip buying a parking permit! IUPUI students can ride the IndyGo bus system FREE with an S-Pass. Get your S-Pass at the IUPUI Jagtag Office (where you get your student ID made) located on the 2nd floor of the Campus Center. Bus routes that go through IUPUI are Bus numbers 37, 10, 3, and the Red Line. Without the S-Pass, all buses are \$1.50 a ride, except the Red Line is free for everyone and runs every 15 minutes from IUPUI to downtown.

**Campus Bus-** The Jag Express is the IUPUI campus shuttle that offers a free service to IUPUI students. The Jag Express comes every 10 minutes! <http://www.parking.iupui.edu/>.



## Vacation

Take a vacation! It can be expensive, but going in groups, carpooling, and splitting costs can help to make it more manageable. Louisville, Chicago, St. Louis, Cincinnati, and Detroit are all within a six-hour drive. In Indiana, Columbus and French Lick can be fun day trips. There are a number of parks, wineries/breweries, and attractions in state. Taking even a one-day break from school and all of the HESA commitments can help to de-stress.

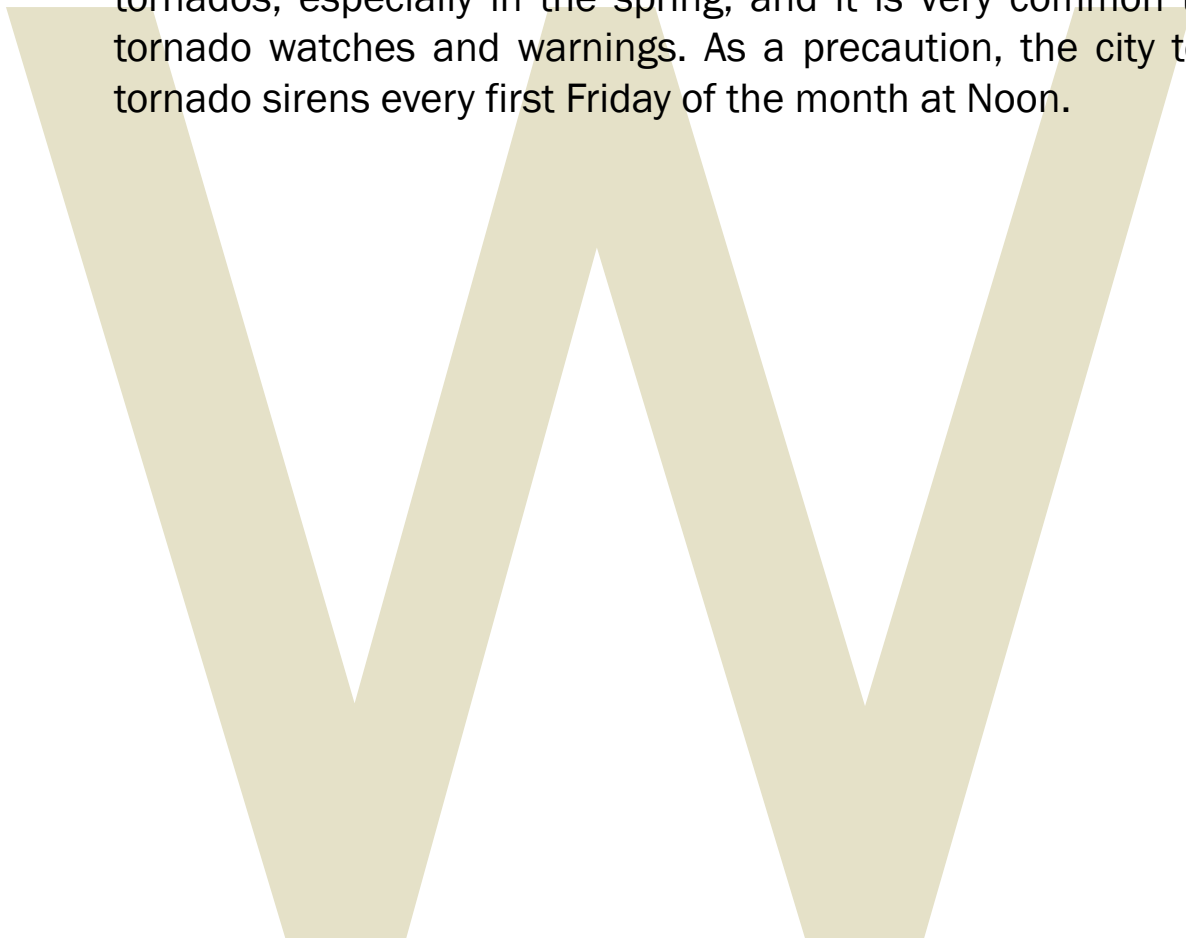




# Weather

The best way to describe the weather in Bloomington or Indianapolis is unpredictable. It is a good idea to carry an umbrella in your bag or in your car with you at all times, just in case.

The average temperature during the day in winter is 36° - 38° F, and a humid 87° - 88° F in summer. The average annual precipitation is 44 inches. It is normal to have some nights in winter when the temperature drops to 0° F, but the average nighttime temperature is 17° - 19° F in winter, with summer evenings averaging 63° - 64° F. Expect snow in the winter and thunderstorms in the spring and summer. There is the possibility of tornados, especially in the spring, and it is very common to have tornado watches and warnings. As a precaution, the city tests its tornado sirens every first Friday of the month at Noon.





## X-Factor

Yes, we were trying to come up with an “x.” However, in all honesty, it can be those variables in your life that will strengthen your HESA experience. Try out a functional area you know little about in a practicum or internship. Run for IUSPA, chair an Outreach committee, or apply for the Journal Review Board. Volunteer to facilitate, coordinate, or otherwise participate in opportunities that arise (such as Orientation selection or GenderTalk). Do not be afraid of the classes beyond the HESA concentration (those with the C or U designation) - you might find them to be really interesting and engaging. Find things to do beyond HESA like volunteer in the community or play on an intramural team. Think of graduate school as a wonderful opportunity to further explore your possibilities. Try your best to see graduate school as an experience of its own. We talk so much about engagement in HESA and need to remember to engage fully in our own experiences.





## Zzzzzzzz...

With the demands of your assistantship, classes, homework, and personal life, it can be exhausting at times. Do not ever underestimate the importance of a good night sleep. You deserve it!

