

Men's and Women's Retreat. Held once a year, these are weekend opportunities for faculty, staff, and students to come together. There, they learn from each other and build relationships outside the classroom and University setting.

Other Features. Bible studies, retreats, and other types of Christian spiritual growth opportunities are available in the residence halls and other on- and off-campus locations.

OUTREACH MINISTRIES

Student Ministries provides opportunities for taking the love of Jesus Christ off the campus and into the community. A large number of student-led ministries is available. Every day of the week, Point Loma students can be found living out their faith by taking the Good News to some of the forgotten places in San Diego and Northern Baja California.

LoveWorks Short-Term Missions. Each semester break finds Point Loma students and faculty in many parts of the world in an opportunity to express Christian love and service. Far from being vacations, these experiences provide excellent opportunities for taking classroom learning and applying it in situations beyond the comforts of familiar language and culture.

Project YES. Each year, hundreds of high school students are joined by Point Loma students and adult leaders. Together in teams, they travel to Native American and Baja Californian churches to build and be built through ministry.

CHURCH RELATIONS

This arm of the Spiritual Development office promotes the covenantal connection between the University and the churches. Programs that link ministry resources with churches are part of this connection. Additionally, Point Loma seeks to develop ways that the University and the churches can assist each other in fulfilling this mission within the body of Christ.

Student Development

Student Development at Point Loma Nazarene University is dedicated to engaging students in the active and energizing process of learning.

Point Loma Nazarene University believes that the most complete education prepares a person to live a full life. This quality education incorporates intelligence and reason as well as character, integrity, commitment, and faith. With this in mind, PLNU strives to educate the “whole” student. This holistic approach challenges students to integrate their knowledge – even as they’re attaining and processing it – with their beliefs, values, and actions.

The holistic way of thinking seeks to encompass multiple layers of meaning and experience. Each

relationship that a student develops with the University community serves to increase the “depth of learning” that occurs in the student’s life. These relationships are built and the learning is accomplished in both curricular and co-curricular settings.

Through their relationships with faculty, staff, and administration, students are motivated not only to acquire specific knowledge in an academic specialty but also to increase personal understanding and make meaning of their own lives emotionally, socially, physically, spiritually, and cognitively. Faculty and staff incorporate the students’ “meaning-making” into the learning process. They help students to work with others, to establish professional relationships, to manage change, to assess self, to clarify values, and to broaden the individual student’s perspective of life.

The total experience for students at Point Loma teaches and shapes individuals. In the experience, students integrate an understanding of themselves and their future. Stimulated by the positive influence of both the environment and people, students are prepared and sent from the University to have a positive and courageous impact on their world.

Student involvement with every aspect of University life is designed to give students the following message: “Learn all you can, shape your life through quality relationships, and serve Christ, church, community, and the world.”

Student Development coordinates a multitude of co-curricular programs in the areas of Academic Support, Athletics, Public Safety, Residential Life, Student Engagement and Retention, and the Wellness Center.

ACADEMIC SUPPORT

Academic Advising

The Office of Academic Advising enhances the quality of the educational experience of the student through responsible advising. This advising facilitates the development of an academic program by helping students identify their social, personal, and career goals and to plan an academic program to meet those goals.

Upon admission to the University, each student is assigned an advisor on the following basis: all students with a declared major are advised by a faculty academic advisor from the department of their major; all undeclared majors are advised by the Academic Support Center advisement staff until a major is selected. After a major is selected, the student is advised by a professor in that department.

Special Needs. Students having special needs are required to produce documentation of a specific learning disability conducted within the last three years, to be placed on file in the Advising Office. A complete set of aptitude and achievement test

results is required. Once this is done, a needs assessment is worked out with the student. Because the provision of all reasonable accommodations and services is based upon assessment of the current impact of the student's disabilities on academic performance, it is in the student's best interest to provide recent and appropriate documentation. Special physical accommodations must be addressed before the start of the semester.

Probationary Student Services. The Academic Support Center is committed to encouraging and supporting all students in their academic pursuits. For provisional admission and Academic Probation students, a program is in place that connects these students with mentors and campus resources.

Tutorial Services

The Tutorial Center is located at the south end of the Bond Academic Center. Students may call for an appointment at 619.849.2593. Tutoring is free.

Appointments with the Center's Tutors. Appointments can be made for help with writing assignments for any course (organization, content, structure, grammar, and punctuation) or tutorial assistance in over 100 subjects. Appointments must be made a minimum of 24 hours in advance and cancelled 24 hrs in advance. All tutors are on an on-call basis.

Review Sessions. Group review sessions led by approved tutors are held for several General Education courses before tests. Students may also schedule group appointments in the Tutorial Center.

Assistive Computer Technology Equipment. The Center provides several adaptive computer programs to meet the needs of students with special needs. They include ZoomText for the visually impaired (a document-reading module which reads text), Dragon Naturally Speaking (with a voice input device that allows the user to speak into it as it appears on the screen), Read and Write (the software speaks text as it is being typed), and Open Book (book-reading ability of scanned material).

Test Proctoring. Students with a documented learning disability (must be on file with Associate Dean of Students) may set up appointments to have their tests proctored at the Tutorial Center. See the Director for appointments at 619-849-2486.

Literature Tape Library. The Center contains over 500 tapes of stories and plays for General Education literature courses including World Literature, English Literature, American Literature, and Shakespeare. Tapes can be duplicated for student use free of charge. Student provides a 90 minute tape for each selection.

Academic Counseling. Counseling for study skills, test-taking strategies, time management, and reading comprehension is available from the director. Periodic seminars on study skills techniques are available throughout the semester.

Private Tutoring. The Tutorial Center provides a list of private tutors by subject who instruct for a fee. The tutor and the student determine the time and place for each session. The Tutorial Center provides names and phone numbers of current approved tutors to parents in the community who seek assistance for their grade school/high school children. The rate for off-campus tutoring is \$15.00 per hour. Private tutors are also approved.

ATHLETICS

Intercollegiate

Point Loma Nazarene University is a member of the National Association of Intercollegiate Athletics (NAIA) and participates in intercollegiate competition in the Golden State Athletic Conference (GSAC). Through athletic competition, students who are skilled athletes have the opportunity to excel to the highest potential of their ability. Point Loma athletes share a heritage of winning. The concept of the Christian scholar-athlete is the guiding principle for participants. Students are expected to demonstrate physical fitness in lifestyle, fairness in competition, humility in winning, and dignity in defeat.

The athletic program at PLNU espouses the NAIA-sponsored emphasis on Champions of Character. This means a commitment to the development of student athletes to become persons who value the qualities of respect, responsibility, integrity, servant leadership, and sportsmanship. Further opportunities are provided through Intercollegiate Athletics relative to the University's commitment to the athlete's spiritual dimension. Time is set aside by all teams on a monthly basis for fellowship, and an annual worship service and honors recognition luncheon is held in the fall exclusively for athletes and their families.

Intercollegiate sports for women include basketball, volleyball, cross-country, softball, soccer, tennis, and track and field. Intercollegiate sports for men include basketball, cross-country, soccer, tennis, baseball, golf, and track and field. These activities are under the guidance of the Director of Athletics and the Vice President for Student Development.

Intramural

The intramural program is designed to enhance and extend the student's opportunities for wholesome and beneficial physical activities through recreational and competitive programs.

A vigorous intramural sports program is under the guidance of the intramural coordinator through the Department of Athletics. Competitive events are seasonally scheduled such as flag football, basketball, volleyball, softball, tennis, soccer, and others. Co-ed activities are available in several sports.

DEPARTMENT OF PUBLIC SAFETY

The Department of Public Safety strives to maintain a safe environment for the University community. To achieve this, the Department functions twenty-four hours a day, seven days a week. The University emergency telephone number is 619.849.2525.

Vehicular Regulations. Parking and driving on the main campus is a privilege. The owner/driver is referred to the *Mascot* and *University Vehicle Code* (www.ptloma.edu/studentdevelopment/publicsafety/community) for complete regulations. A parking permit must be obtained for motor vehicles operating on campus. The University assumes no liability for damages or theft of vehicles. The parking permit and the privilege of driving on campus may be revoked if, in the judgment of the University administration, the car is misused or if the *University Vehicle Code* is persistently violated.

Vehicle Registration. Freshman residential students are not permitted to bring vehicles to the University. All vehicles operated on campus by students must be registered. Registration at www.ptloma.edu/studentdevelopment/publicsafety/community is required within the first two weeks of each semester. To register a vehicle, a student must preregister on-line through your student account access, then go to the Public Safety Office to pick up the permit. Students must present the vehicle and show a current driver's license, Department of Motor Vehicles registration, and student identification card. Motorcycles, mini-bikes, scooters, and mopeds must also be registered. A valid motorcycle driver's license and approved helmet are required. Vehicle registration is an important part of the University safety plan, and therefore vehicles must be registered the first week of the semester. Only registered vehicles are allowed to operate on campus.

Shuttle Services. The Department of Public Safety provides an on-campus transportation service to residential students.

Note: The University is not responsible for loss or damage to persons or their property.

RESIDENTIAL LIFE

Approximately two-thirds of undergraduates live in University residence halls. The primary goal of residential life is to foster an environment in which vital Christianity is encouraged, experienced, and modeled. Through the residential experience, students are equipped to make choices which promote their success academically, spiritually, and socially. In addition, residential living provides students with an opportunity to meet students from a variety of cultural backgrounds.

Application for admission to the University and application for on-campus housing are two separate steps. Students may refer to admission

procedures for further information regarding housing. On-campus housing options include eight traditional residence halls and apartment living for single and married students without children. The University does not guarantee housing for all four years.

Off-Campus Housing

All single undergraduate students under the age of twenty-three (23) years of age are required to live in University residence halls. Exceptions to this policy are married students, students living with parents, or upper-classmen if University housing is full.

Students expecting to live off campus should file petitions by a deadline set by the Office of Residential Life. The residence of every student is carefully verified. Any change of residence is to be reported to the Residential Life office immediately.

Community Standards

Responsibility, accountability, and disciplined living are a reflection of vital Christianity. It is expected that students will conduct themselves in a manner which enhances the lifestyles and ideals of the University, both on and off the campus. Students who are granted admission and subsequent registration to the University must adhere to the following:

- to acknowledge that maturity entails both the experience of freedom and the acceptance of limits;
- to seek an understanding of those who come from different backgrounds;
- to exhibit a respect for other members of the community; and
- to receive and seek constructive feedback from other members of this community.

Residential Housing

Application for Housing. Students planning to live in a residence hall must file a Housing Application and Contract. For returning students, once sign up for fall semester is completed (which constitutes a reservation for fall semester), the housing deposit is non-refundable. For new students, the deposit is refunded consistent with the dates published in admission materials. Refunds of board charges are made for any student who moves out of the residence hall during the course of a semester according to the schedule printed in the *Catalog*. Residence halls are officially closed during vacation periods and during Spring Break. The right of occupancy does not include these periods.

Room Assignments. Room assignments for new students are made after the housing staff considers such factors as age and date of a paid housing contract. An attempt is made to make roommate assignments that are compatible and beneficial to all concerned. Specific roommate requests must be

mutual and accompany the paid housing contract. New and transferring students receive their residence hall assignments during the summer.

Furnishings. Residence hall rooms are furnished with window coverings, single beds, dresser, study table, and chairs; students must furnish linens and towels. All residence halls have extra-long single mattresses. While other cooking appliances are prohibited, rental of a microfridge is allowed.

Student Lifestyle

A major purpose of the University is to assist students in their preparation for daily living. The totality of the University environment is intended to be a learning experience. Some of the most significant learning occurs in the context of everyday experiences.

Students are expected to exercise self-discipline and sound judgment and to manage their conduct both on and off the campus consistent with agreements made upon application and with the University *Catalog* and *The Mascot*. In addition, an accepted application for admission and subsequent registration is considered an agreement between the University and the student for the following:

- to demonstrate responsible citizenship by showing concern and respect for the freedom and rights of others;
- to give thoughtful attention to the development of personal values as a basis for wholesome Christian conduct; and
- to abstain from the use of alcoholic beverages, tobacco, illegal drugs, the use of profane language, gambling, pornography, and from entertainment which diminishes moral perceptivity and judgment.

Point Loma Nazarene University has a strict policy regarding any use of alcohol, illegal drugs, and tobacco or smoking products. Students using these substances are required to have a professional assessment and must pay the fee for this service. The University reserves the right to require a test for drugs upon probable cause. The expense for tests with positive results is the student's responsibility. Participation in such activities is cause for disciplinary probation and suspension, or termination from the University.

STUDENT ENGAGEMENT AND RETENTION

The offices within Student Engagement and Retention strive to provide place, voice, and connection for each PLNU student. A PLACE...to belong, to grow; a place safe enough to take risks, try new ways of doing and being; a VOICE...to question and explore, to declare oneself; a voice for the present and the future; a CONNECTION...of faith, of reason, of friendship, of community. Student

Engagement and Retention includes the following offices: Career Services, Community Life, Commuter Support, International Students, MOSAIC Lounge, Nicholson Commons, Outdoor Leadership and Recreation, Students in Transition, and Students of Diversity.

Career Services

It is the goal of the Career Services Office to assist students in the process of career selection and planning. The Career Services program provides the following:

Office of Career Services. The director furnishes one-on-one counseling in assessment, career planning, job search techniques, resume development, and arrangements for campus job interviews. In addition, the office offers seminars highlighting all aspects of employment readiness plus pertinent issues relating to future employment. An annual Career Fair in the spring aids the students in selecting a viable career as do other Job Fairs held throughout the year for Nursing, Teacher Education, and government. Students are also able to attend a Graduate School Fair and a Seminary/Religious Studies Fair to help them choose an appropriate graduate experience.

Career Resource Center. The Center offers students a wide range of career-related materials including graduate school information, the Vault On-line Career Library, MonsterTRAK.com—a daily update of job listings—access to the Internet, a mock interview video room, job search materials, and employer information.

Community Life

The Office of Community Life seeks to assist students in their personal growth and in leadership development. Experiential leadership opportunities are designed as a developmental offering from this department. Also, programs offered provide quality and affordable activities throughout the academic year.

In addition to the all-student outings and small group activities sponsored by Community Life, the Activities and Community Relations offices of the Associated Student Body (ASB) sponsor many events that provide opportunities for social, physical, personal, and spiritual growth.

Student Government (ASB)

The Associated Student Body of Point Loma Nazarene University (ASB) is a constitutional organization of the entire student body created for the purpose of carrying on various student activities. The affairs of the ASB are managed by a student board of directors elected by the students. A member of the staff of the Student Development Office serves as advisor to the student government.

Student Media

Student Newspaper. The official publication of the student body is *The Point Weekly*. The editor is appointed by the Media Board, subject to certain scholastic and residence requirements. The staff, recommended by the editor and approved by the Media Board, affords interested students an opportunity for practical training in journalism. The subscription price for the paper is included in the general fee.

Yearbook. *The Mariner* is the student body yearbook and is a pictorial record of University activities during the academic year. The editor is appointed by the Media Board. The staff is chosen by the editor. The publication is supported by student fees and advertising. (An additional fee may be charged for its reservation.)

Other Publications. *The Mascot*, a student handbook of general information, including policies and regulations, is published each year. It is also available on the PLNU Web site under the heading of Student Development. *The Driftwood* is the annual student literary magazine published by the Department of Literature, Journalism, and Modern Languages. Students from all majors, faculty, and staff are encouraged to submit features, photographs, designs, and business ideas. Students from all majors may join the staff.

Radio Station. KPLR, the University radio station, provides professional training for students developing a career in broadcasting. The station serves the main campus and Internet listeners with a contemporary Christian format.

Student Organizations

Students may join one or more of the organizations that provide direction for co-curricular activities.

American Advertising Federation, a professional organization for students in advertising. **American Chemical Society**, a professional organization for students in chemistry. **American Institute of Graphic Arts**, a professional organization for students in graphic design. **Artist Society**, a professional organization for students interested in art and art studies. **Association of Latin American Students**, association for those who are or are interested in Latin American Students. **Alpha Gamma Chi**, a sorority focused on women's social activities. **Board of Review**, as the judicial branch of the ASB, Board of Review upholds the Associated Student Body Constitution and ensures students' rights therein. **Brothers and Sisters United**, support for African American students. **Cheerleading**, for students who support the sports program through organized cheering. **Chi Delta Psi**, a sorority focused on forming Christian women. **College Democrats**, brings in guest speakers and plans events that promote their political views. **College Republicans**, a club for those who wish to actively support or are

interested in the Republican Party. **Financial Management Association**, a professional organization for students interested in business. **Hui O Hawaii**, a club for those who are from Hawaii and are interested in Hawaiian culture. **International Club**, a support for international students. **Kappa Delta Epsilon**, a national organization for women interested in the professional study of education. **Kappa Phi Kappa**, for men interested in the professional study of education. **Men's and Women's Volleyball**, for student who wish to play volleyball on a club team. **Mountain Bike**, a club for students who wish to take day and overnight mountain bike trips. **Mu Kappa**, an international organization for students whose parents serve as missionaries. **New Mexico Love Club**, for students from or interested in New Mexico. **Phi Alpha Theta**, the international Society in History. **Pointless**, an all-male a capella ensemble for students performing on campus. **Psi Chi**, a national honor society for students in the Department of Psychology. **Rugby Club**, for students interested in playing rugby competitively. **Sigma Alpha Tao**, a society for students who are interested in the field of athletic training. **Social Work Club**, a professional organization designed to increase social awareness and serve the community. **Student Affiliates of the American Chemical Society**, a professional club where science-minded students can get together outside of lab to increase in knowledge and have fun. **Student Nursing Association of California**, an organization for students planning to enter nursing as a career. **Students for Social Justice**, students who seek to promote the principles of social justice. **Surf Club**, for students who wish to surf competitively. **Swim Club**, for seasoned swimmers and new comers to challenge themselves. **Tri Beta**, a national honor society for student in Biology.

There is one scholastic organization: **Phi Delta Lambda**, the national honor society for all educational institutions of the Church of the Nazarene, for all students who are academically ranked in the upper fifteen percent of the graduation class; these students are so recognized at Commencement.

International Student Services

International Student Services is dedicated to assisting each international student to experience maximum intellectual development, spiritual, and personal growth. Every service offered is built upon a foundation of caring and personal relationships in which each student receives consistent, compassionate attention. To ease the transition into a new culture, the following services are offered:

International Student Orientation. An orientation is planned each semester to help international students become acclimated to their new surroundings and learn about the PLNU community, university policies, and INS

regulations. Members of the Administrative Cabinet and various University personnel greet the internationals and share pertinent information.

Counseling and Advisement. This includes issues of cultural adjustments, academic support, and curriculum scheduling.

Cross-cultural Opportunities. Numerous programs and activities are planned with other International and American students.

Nicholson Commons

Nicholson Commons provides activities and programs that enrich the University community academically, socially, physically, emotionally and spiritually. This social center for the University supports faculty, staff, and students in their desire to stimulate learning through positive, informal, collegial contact. The facility houses study areas, quiet lounge, recreation facilities, bookstore, Express Store, dining rooms, conference rooms, Mosaic Room, Point Break Cafe, Fast Break, Outdoor Program and offices for ASB, Commuter Office, the Mane Event office, Nicholson Commons staff, clubs, organizations, the Offices of Spiritual Development and Student Development, KPLR radio station, chapel office and the Wellness Center.

Food Services

Meals are served regularly in The Dining Room of Nicholson Commons and conform to regulations of the City and County of San Diego and the State of California. Resident students are required to subscribe to a meal plan. Other students, faculty, staff, and guests may purchase meals on an individual basis. A snack bar, Point Break Cafe, is available for short orders as is Fast Break Cafe for grab and go items.

Student Employment

The mission of the Office of Student Employment is to help students discern and/or confirm their individual callings through their university employment experiences. Student Employment offers a variety of services including: online postings of both on- and off-campus jobs, support and advice for problems with jobs, and job search assistance. For more information, visit www.ptloma.edu/work.

WELLNESS CENTER

Wellness encompasses physical, emotional, intellectual, spiritual, and social health. Point Loma Nazarene University offers programs that enable all students to participate in and be educated in these aspects of wellness. The Center's mission is to assist students in maintaining a high level of wellness so they are able to achieve their academic goals.

The Wellness Center coordinates services in physical and emotional health and in outreach education. A team of nurse practitioners, counselors, and health educators work together to provide a comprehensive program. The staff has developed ties with a number of practitioners in the San Diego area including physicians, urgent care facilities, counselors, and dentists.

The Center is open from 8 a.m. to 4:30 p.m., Monday through Friday closing from 12:30-1:30 for lunch. Staff is on-call for emergencies after hours and can be accessed through the Department of Public Safety. Appointments may be made for counseling by calling the department assistant at 619.849.2574. A nurse practitioner may be seen on a walk-in basis. Students with emergencies after hours may be referred to a primary physician, the local urgent care facility (open 8 a.m. to midnight), or the emergency room at Sharp Memorial Hospital (a 20-minute drive from the main campus).

Additional services include: a bimonthly physician clinic, allergy injections, immunizations, TB testing, travel medications, Peer Educator Program, quarterly newsletters, referrals, wellness speakers, support groups, and special wellness presentations.

All students are welcome in the Wellness Center. Consultations are free, although there may be small charges for medication and injections; these are the individual student's responsibility and may be paid for at the time of service or applied to the student's account. Massage therapy is available by appointment and for a fee. Private, fee-based consultation with a Registered Dietician and/or Eating Disorder Specialist is also available. The Wellness Center cannot bill insurance.

Student Insurance

Insurance is an important part of health care. The Wellness Center recommends that all parents and students review their private insurance, talk about how to access care in San Diego County, and plan ahead for possible future needs. All students must have insurance coverage for illness and injury. Students are charged for a student policy each year. They may waive those charges on a yearly basis via "Student Access" site. There is a deadline for this process after which charges cannot be removed from the student's account. There is no provision for student insurance for students who enter during the summer. The student insurance plan may be applied for spouses and children through the Business Office during the first three weeks of fall and spring semesters.