

CO-CURRICULAR PROGRAMS

An education at Point Loma Nazarene University is characterized by the intentional interrelationship of the life of the mind, the development of character and social graces, and spiritual formation for a life of service. Thus, University life includes an array of activities and experiences designed deliberately to be seamless. Academic study becomes an act of one's "reasonable spiritual worship," community life and social relationships move in the context of a family that is intent on loving God with all one's "heart, soul, mind, and strength." Faith is seen not as a compartmentalized activity but as a way of life that embraces love for humanity and life-long learning.

Realizing that students spend more time out of class and formal academic settings than in class, the University provides a wide variety of opportunities for undergraduates in co-curricular programming. These include activities directly or indirectly related to academic programs, spiritual life options, and student leadership programs that emanate from the University's mission and denominational relationships.

Academic Affairs

Co-curricular activities in the area of Academic Affairs include, but are not limited to, the following: a nationally ranked forensic team; the annual Sunset Cliffs National Forensics Tournament hosted by the University; California Board of Registered Nursing-approved continuing education courses; the Phi Alpha Theta society for pre-law students; the Point Loma String Project; a wide variety of activities directed by the Fermanian Business Center; and student summer research in Biology, Chemistry, Mathematics, Information Systems, and Computer Sciences.

Other opportunities directly or indirectly related to specific majors and programs include a host of ensembles in the Department of Music such as Chorale, Concert Choir, Point Loma Singers, Choral Union, Chamber Orchestra, Concert Band, and Jazz Band; Urban Term, an intentional living community studying local urban issues in the context of ethnic diversity and low-income environments; radio station KPLR and the University television station, supported by the Department of Communication and Theatre; international study trips sponsored by the

Armenian Center for International Development; summer marketing research, an honors program in the Fermanian School of Business; and an annual series of Literary Teas, Poetry Day, and a writer's symposium featuring nationally known personalities, sponsored by the Department of Literature, Journalism, and Modern Languages.

Spiritual Development

The mission of the Office of Spiritual Development is to faithfully call Point Loma Nazarene University to spiritual vitality centered on the Lordship of Jesus Christ.

Through relationships and programs the Office of Spiritual Development seeks to teach in ways consistent with the Word of God, shape in the likeness of Jesus Christ, and send toward a lifetime of worship, discipleship, and service.

The following information describes the ministries of the Office of Spiritual Development at Point Loma Nazarene University.

CORPORATE WORSHIP

Chapel. Chapel is an integral part of the Point Loma Nazarene University experience. It is a community gathering with God, and is central to the believers' readiness to engage with a world in need of lives that have been shaped by the grace of God. Chapel is a place of corporate worship, prayer, teaching, education, and growth. The primary purpose of Chapel is to encourage the formation of Christian community and foster the development of a vibrant, life-changing relationship with Jesus Christ.

Chapel is held three times a week on Monday, Wednesday, and Friday at 9:45 a.m. It is the University's belief that Chapel has an important role in Christian liberal arts education, and, as such, is required for all students.

Time Out. Every Wednesday night at 9:00 p.m. students gather in an informal worship setting designed to encourage an intimate, personal relationship with God through music, prayer, sharing of life, and teaching from scripture. Time Out is a non-mandatory worship experience for all students.

SPIRITUAL CARE

I Thessalonians 2:8 expresses the heart of the work in the Office of Spiritual Development: *We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well, because you had become so dear to us.* Spiritual care offered in the context of loving relationships is at the center of the Office.

Spiritual Direction. Encouraging a personal relationship with Jesus Christ is the University's highest priority. The prayer for every student is that in their time at Point Loma Nazarene University, God's voice will be heard, God's will discovered, and God's mission embraced.

Pastoral Care. The Chaplain and Assistant Chaplain are available for prayer support, spiritual guidance, pastoral counseling, and pastoral care during times of crisis.

WORSHIP MINISTRIES

Worship Ministries creates opportunities for those willing to use their musical talents in a ministry format. Students involved in Worship Ministries assist in leading the University community in praise, worship, and response to God's voice.

Chapel Bands. Each fall students may audition to participate in a worship team. These teams provide worship leadership through music in Chapel and Time Out. There are five chapel bands.

Summer Ministry Teams. Each summer students are selected to travel across the Southwest Region of the Church of the Nazarene to minister to churches, youth camps, conventions and retreats through music. An open audition and interview process guides the selection of each ministry team. There are two Summer Ministry Teams.

DISCIPLESHIP MINISTRIES

Discipleship Ministries creates opportunities for those willing to take an intentional step to foster their decision to follow Jesus Christ. This is accomplished through a journey of continual growth as friendships are developed with others seeking to do the same.

Covenant and Discipleship Groups. Covenant Groups are for freshmen and sophomore students and Discipleship Groups are primarily for juniors, and seniors. These groups commit to meet together weekly for studying God's Word, worship, praying, encouragement, and fellowship.

Retreats. Discipleship Ministries also offers Spiritual Formation Retreats, Men's Retreat and a Women's Retreat for the PLNU community. These weekend retreats offer opportunities for students, faculty and staff to come together and build relationships

with one another outside the normal university setting. Retreats focus on Christian formation through fellowship, worship, discussion and sharing about personal life journeys.

Film Forum. Once a month the Film Forum offers an opportunity to view classic and contemporary films. Each film is followed by a discussion of how faith and film intersect in our world today and how we might better use this medium toward Christian formation both individually and corporately.

COMMUNITY MINISTRIES

Community Ministries creates opportunities for those willing to put their hands and hearts to work in the lives of people throughout the greater San Diego area and northern Mexico. Lives are changed when students are willing to give and receive in the context of the ongoing relationships that are formed in Christian ministry.

Student Ministries. There are over 20 student ministries actively serving God in greater San Diego community and northern Baja Mexico.

Urban Ministries. Urban ministry teams range from building relationships with homeless families to serving in inner-city churches.

Compassionate Ministries. Compassionate ministries include spending time with disabled persons, persons with AIDS, and the elderly.

Creative Ministries. Creative ministries utilize music, drama, and puppetry to spread the Gospel.

Cross-cultural Ministries. Cross-cultural ministries serve in orphanages, medical clinics, and churches throughout northern Mexico.

On-campus Ministries. On-campus ministries offer activities such as prayer ministries, Bible Study groups, and tutoring programs for lower-income children.

INTERNATIONAL MINISTRIES

International Ministries creates opportunities for those willing to be taught by brothers and sisters around the world. Those involved in international ministries have the privilege of coming alongside ongoing efforts of ministry in a variety of world settings as they allow God to impact and shape their hearts and minds.

LoveWorks Short Term Missions. The LoveWorks Short Term Mission Program functions as a resource to missionaries, pastors, and congregations serving Christ in various international settings. Through the LoveWorks program, over 1,200 students, faculty, and staff from PLNU have served on every continent.

The safety and well-being of those involved in the trips are taken into account at all times, and all team members are required to participate in weekly training sessions conducted by the Office of Outreach Ministries.

YouthWorks is a summer ministry opportunity bringing together high school students, University students and adults from all over the southwestern region of the U.S. Teams travel to homes, churches, and community projects in international locations. The goal of YouthWorks is to build much needed facilities, to foster relationships between team members and local people, and most significantly, to share the love of Christ with those who do not know Him.

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 are 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.

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 Director of Advising 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 University resources.

Special Academic Services

University Policy on Disabilities. PLNU is committed to providing reasonable services and accommodations to meet the needs of qualified students with disabilities to facilitate their academic goals. Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 provides for reasonable accommodations and services for qualified individuals with disabilities. Individuals who may be eligible for services include, but are not limited to, those with disabilities such as learning, functional, psychological, visual and/or hearing impairments. These conditions must be of a degree that they seriously impair a major life activity.

The Office of Special Academic Services at PLNU is located in the Bond Academic Center (619.849.2486) and is the first point of contact for students who have disabilities or special needs. All accommodations and services are based on assessing the impact of the disability on academic performance; therefore students are required to provide documentation from a licensed professional to the Director of Special Academic Services prior to receiving accommodations.

Request for Accommodations. An *Application for Services*, which is available in the Academic Support Center, begins the process for accommodation. Contact the Director of Special Academic Services to request an application. After admittance, students should make their needs known to Special Academic Services as soon as possible so that arrangements for accommodations can be initiated. Students having special needs are required to submit a complete set of aptitude, achievement, and/or medical test results specifying disability that have been conducted within the last three years. Documentation should be recent, relevant, and comprehensive. If the original documentation is incomplete or inadequate to determine the extent of the disability or reasonable accommodations, the University has the discretion to require additional documentation. Special physical accommodations must be addressed before the start of the semester.

Once this process is complete, a needs assessment is developed 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.

Appeal Process. Any student has a right to appeal the decisions made regarding academic accommodations. The student must submit a written statement of the dispute to the Director of Academic Advising. The Director of Academic Advising (849-2481) will review the student's statement and documentation to decide if the current plan or decision is appropriate.

Tutorial Services

The Tutorial Center at PLNU provides a variety of free tutoring and academic enrichment services to assist students in managing course curriculum requirements, such as:

- **Academic Counseling** (Time Management, Test Taking Strategies)
- **Class Review Sessions**
- **Computer Programs** (Read and Write, Dragon Naturally Speaking, ZoomText, and OpenBook)
- **One-on-One Peer Tutoring** (Over 100 subjects available)
- **Study Skills Resource Library** (Resources for Test Taking, Note Taking and Time Management)
- **Writing Assignment Assistance**

The Tutorial Center is staffed by students who have received comprehensive training and are faculty-approved. Students are encouraged to visit or call the Bond Academic Center (619.849.2593) to schedule an appointment.

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.

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.

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.

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 *Student Handbook* and *University Vehicle Code* (www.ptloma.edu/studentdevelopment/publicsafety/community) for complete regulations. A parking permit must be obtained for motor vehicles. 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 by students must be registered. Registration 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, 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 2 weeks of the semester. Only registered vehicles are allowed to operate on campus. Non-California drivers must show proof of insurance.

Shuttle Services. The Department of Public Safety provides an on-campus transportation service to residential students. Please refer to the *Student Handbook* for additional information.

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 housing. Exceptions to this policy are married students, students living with parents, or upper-classmen if University housing is full.

Students requesting to live off campus must file an off-campus petition within established deadlines, through the Office of Residential Life. Each petition is carefully verified. Students with discipline contracts from their previous semester at the University are not eligible to live off campus. Any change of residence or phone number must be changed on the Student Access Page immediately.

Community Standards

Responsibility, accountability, and disciplined living are a reflection of vital Christianity. Students are expected to 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 deposit. For returning students, once registration for the 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 Christmas and Spring Breaks. 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 and each student is provided with extra-long single bed, dresser, study table and chair. Students must provide their own bed linens and towels. While most cooking appliances are prohibited, a compact refrigerator (maximum 4.4 cu. ft) and a small microwave (maximum of 800 watts) are 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 Student Handbook*. 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 will be put on a probationary contract which includes mentorship with a staff or faculty member for a ten week period as well as participation in an educational program at the expense of the student. 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 Student Services, Diversity and International Student Services, Nicholson Commons, Outdoor Leadership and Recreation, and Student Employment.

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 summer camps. 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 personal 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 *Student Handbook*, containing 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.

Television Station. CCTV, the University's cable broadcast medium, allows students to write and produce original programming that is aimed at educating and entertaining the on-campus community. CCTV strives to follow current industry standards in all areas of station operation. Staff positions are filled annually, and students from all majors are encouraged to participate.

Student Organizations

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

American Institute of Graphic Arts, a professional organization for students in graphic design. **Asian Student Union (ASU)**, a support group for Asian students of Island descent. **Association of Latin American Students**, association for those who are or are interested in Latin American Students. **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. **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. **Com Club**, a professional organization catering to all communication students. **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 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. **Mu Kappa**, an international organization for students whose parents serve as missionaries. **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. **Social Work Club**, a professional organization designed to increase social awareness and serve the community. **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. **Tri Beta**, a national honor society for students 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.

Commuter Student Services

Commuter Student Services is committed to providing services and programs for students who do not live in University residential housing and is a point of contact and advocate for their unique needs. The Commuter office is located on the first floor of Nicholson Commons.

Diversity and International Student Services

This office seeks to build cross-cultural understanding, appreciation, and unity in the University community, accomplished by supporting students of diversity as individuals and as part of student organizations. Connections are built primarily under the banner of MOSAIC (Multi-Cultural Opportunities for Students Actively Involved in Community). This includes the

Association of Latino Students (ALAS), Brothers and Sisters United (BSU), Hui O'Hawaii, the International Club, Asian Student Union (ASU), Mu Kappa International, Students for Social Justice (SSJ), and Team Barnabas.

International Student Services is dedicated to assisting international students with the goal of achieving a rich and productive experience at Point Loma Nazarene University.

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, lounges, Recreation Room, Common Knowledge Bookstore, Express Store, dining rooms, conference rooms, MOSAIC Commuter Lounge, Point Break Cafe, Fast Break, Outdoor Leadership and Recreation Program and offices for ASB, Commuter Student Services, the Mane Event Office, Nicholson Commons staff, clubs, organizations, the offices of Spiritual Development and Student Development, KPLR radio station, 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.

Outdoor Leadership and Recreation

Outdoor Leadership and Recreation, located on the first floor of Nicholson Commons, provides equipment and opportunities for engaging students in the enjoyment of the outdoors. Through four programs, University students establish relationships with friends, rent equipment for getaways, learn new activities while exploring God's creation, and discover ways of working with peers through team-building programs. Programs include: The Rec Room, the Outdoor Rental Center, Great Escapes Adventures, and the Guide Development Program.

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 students who encounter challenges with their employment, 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 8:00 a.m. to 4:00 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, referrals, wellness speakers, support groups, and special wellness presentations. For more information, students may visit www.ptloma.edu/wellnesscenter.

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. All undergraduate students regardless of units taken or study abroad status 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 graduate students, spouses and children through the Business Office during the first three weeks of fall and spring semesters.