



LEARNING TOGETHER

A Guide for Parents and Families



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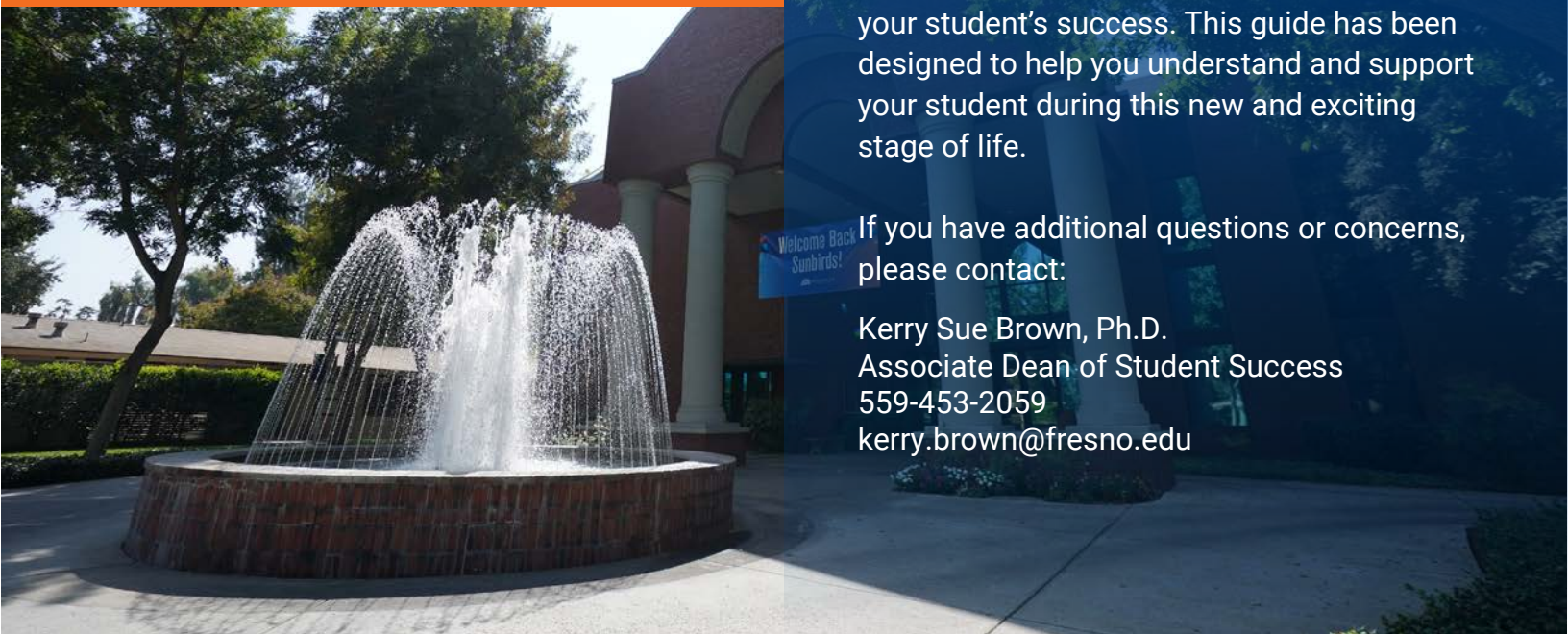
WELCOME TO THE FRESNO PACIFIC UNIVERSITY COMMUNITY

First and foremost, congratulations! The decision to attend college is an important step for your student.

At Fresno Pacific University, your student's success is our number one priority. We have a robust network of programs and services designed to help your student succeed in college. We also recognize that your care and support will play an important role in your student's success. This guide has been designed to help you understand and support your student during this new and exciting stage of life.

If you have additional questions or concerns, please contact:

Kerry Sue Brown, Ph.D.
Associate Dean of Student Success
559-453-2059
kerry.brown@fresno.edu



YOUR STUDENT'S EXPERIENCE IN COLLEGE

YOUR STUDENT'S SCHEDULE

Going to college can take up much more time than you might think. If your student is going to school full-time, he or she will have 15-18 hours of class each week and be assigned a minimum 30 hours of reading and homework assignments each week. Many college students are also likely to work part-time and participate in campus programs and events.

► TIP:

Take some time at the start of each semester to clarify your expectations to ensure that your student can allocate the necessary time to be successful in college.

LIVING AT HOME

Choosing to commute is the right choice for many students who want to maintain close, day-to-day family relationships and save money on food and housing. Even when commuting is the best choice, it is important that students and their families understand its unique challenges. Driving time and fuel costs require strong time and money management and additional effort must be made to develop academic and personal relationships which will help your student make it to graduation. The Commuter House is a physical space designed to be a home-away-from-home for commuter students. The house is a place to study, cook, eat, nap, play, socialize and recharge.

► TIP:

Encourage your student to participate in campus programs, student organizations and leadership opportunities to develop social connections, critical thinking, communication and leadership skills that will be important to his or her success in and after college.

LIVING IN A RESIDENCE HALL

For some students, living in a residence hall is an important part of the college experience and some of their most enduring memories and friendships will be made in the residence halls. However, living with new rules, freedoms and a new roommate can be a big adjustment. Every student who lives on campus has an assigned student employee, Resident Assistant (RA) and a professional staff member, Residence Director (RD), whose jobs are to help your student enjoy and adjust to their new living environment. Additionally, Campus Safety patrols campus 24 hours a day, seven days a week, year-round. Your student should contact his or her RA or RD with any questions related to housing, roommates or adjusting to life on campus.

► TIP:

Studies have shown that the first three weekends are the most important for a student to feel at home in his or her living area. Encourage your student to stay on campus for at least the first month of school!



KEYS TO STUDENT SUCCESS

STUDENT RESPONSIBILITY

You have watched your student grow to become an adult—teaching, guiding and protecting them. Now it is time for your student to become independent and self-sufficient. Responsibility is one of the most important things your student can learn. Although it may take some practice for you and your student to adjust to this new arrangement, taking responsibility is critical to your student's success during and after college.

► TIP:

When your student needs to speak with someone on campus to address a school-related concern, please encourage him or her to do it without you. This will help him or her to develop a valuable lifelong skill.

ACADEMIC SUCCESS

Your student was accepted at FPU because he or she has the potential to succeed in college. However, this does not mean that it will be easy. The academic challenges of college can be quite different than those in high school, and many students must work hard to make the right adjustment, especially during the first semester. Your student will have a staff advisor to help with planning what classes to take each semester. Additionally, the Academic Success Center offers tutoring and academic coaching to help your student adjust to the academic rigors of college.

► TIP:

Getting poor grades is a sign that your student is still adjusting to the academic rigors of college and should get some individualized coaching. Encourage your student to continually develop his or her academic skills by visiting the Academic Success Center.

CAREER EXPLORATION

Being a successful student means more than earning a degree. Our most successful students are those who proactively work to align their academic and career goals and thus graduate with a clear understanding of their own strengths and passions. They have spent time preparing for job interviews and life as a professional. Many students even participate in internships and receive job offers before graduation!

► TIP:

Make sure your student is well-prepared for life after college by encouraging him or her to visit the Calling and Career Center during his or her first year of college.



HEALTH & SAFETY ON CAMPUS

PACIFIC COUNSELING CENTER

Pacific Counseling Center (PCC) offers direct, confidential and professional counseling services to FPU students. Students receive 12 free therapy sessions from PCC each academic year. After the 12 sessions, a care plan will be created which could include a referral to outside resources, continued services through insurance or continued sessions at a reduced fee. PCC does not provide crisis or emergency services.

fpu.edu/pcc

559-453-8050

pacific.counseling@fresno.edu

TIMELY CARE

FPU has contracted with TimelyCare to provide free 24/7 telehealth services for students who need medical care. This partnership broadens access and provides more options for students.

CAMPUS SAFETY

Campus Safety provides safety, security and emergency response services for FPU's main campus, 24 hours a day, seven days a week. Officers are on duty patrolling the campus and are able to respond quickly to those needing assistance. There are a number of specialized security systems and technological devices in place on campus as well as an app with additional resources that students, parents and community members can download to their phones. The department also maintains a cooperative relationship with the Fresno Police Department Southeast Substation.

fpu.edu/campus-safety

559-453-2298



IMPORTANT INFORMATION FOR FAMILIES

COLLEGE FINANCES

For many college students, attending college also means being responsible for paying bills, budgeting and assuming debt to reach their career and educational goals. It is important that you and your student work together to plan and pay for college expenses. Come to an understanding with your student about who will be responsible for which expenses.

It is common for college students to work part-time jobs to help pay for college expenses, but it is important that students do not work so much that it negatively affects their success as a student. Learning to balance financial, work, academic and social obligations is a lifelong skill that will greatly benefit your student. By helping your student develop these skills, you can play an important role in his or her academic and lifelong success.

STUDENT PRIVACY

The Family Educational Rights and Privacy Act of 1974 (FERPA) is federal legislation in the United States that protects the privacy of students' personal information. The act mandates that schools must obtain written permission from students in order to release their personal information—even to a parent or guardian. Your student will need to complete the FERPA Release Form if you will be requesting your student's personal information (i.e. payment plan information).

► TIP:

The FERPA Release Form can be found at fpu.edu/students/registrars-office/forms



SPIRITUAL LIFE AT FPU

The Office of Spiritual Formation provides a number of opportunities for the FPU community to learn, celebrate, grow and worship together. We gather at different times throughout the week to examine faith and life issues and to experience cultural and spiritual enrichment in the context of the Christian faith.

- Chapel includes elements of a worship service, including music, Bible-centered teaching and stories of transformation.
- Capax Dei (Capacity for God) provides a contemplative atmosphere for students to interact with God through guided prayers and common liturgies.
- Affinity Groups are student-led gatherings that provide space for students to encounter God in the places they need Him most. These groups gather at various times throughout the semester.

Beginning with the freshman class in the fall of 2024, all traditional undergraduate students are required to attend 16 OSF gatherings per semester. Students must download the Involve app and sign in with their FPU student email address to be added to the FPU site.

fpu.edu/osf

559-453-3668

osf@fresno.edu



INTERCULTURAL LEARNING CENTER

The purpose of the Intercultural Learning Center (ILC) is to increase the cultural awareness of the collective FPU community by celebrating diversity and intentionally supporting our underrepresented student populations.

The ILC seeks to foster intercultural encounters, provide opportunities for intercultural education and enhance the overall student experience. The wide range of activities for students and staff includes workshops, presentations, conferences, debates, social intercultural activities and visits by experts in many fields.

fpu.edu/ilc

559-453-3434

ilc.assist@fresno.edu



INTERCOLLEGIATE ATHLETICS



Sunbird athletic teams compete in 19 sports and have won national championships in women's volleyball, men's and women's tennis and track and men's swimming. FPU competes in Division II of the National Collegiate Athletic Association (NCAA). The university is a member of the California Collegiate Athletic Association (CCAA).

Whether or not your student is a student-athlete, we encourage all FPU students and their families to support Sunbird Athletics by attending home games, meets and matches. Team schedules and rosters are listed on the website.

fpusunbirds.com



IMPORTANT DATES FOR THE 2026-27 ACADEMIC YEAR

August

- 13 New Student Orientation
Move-in Day
- 14-16 Hume Retreat for Freshmen
- 17 First Day of Fall Semester

September

- 5 Labor Day (*university closed, no classes*)
- 25 Faculty Development Day (*university open, no classes*)

October

- 2-3 Friends & Family Weekend
- 5 Registration Opens for Spring 2027
- 12 First Day of Second Session
8-Week Classes
- 8-9 Fall Break for 16-Week Classes

November

- 2 Registration Opens for Summer 2027
- 23-24 Thanksgiving Break
(*university open, no classes*)
- 25-27 Thanksgiving Holiday (*university closed, no classes*)

December

- 1 FAFSA Submission Open for School Year
- 7-10 Finals Week for Traditional
Undergraduate 16-Week Classes
- 12 Last Day of 16-Week Classes
Residents Check Out for the
Break by 12:00 p.m.
- 13 Last Day of the Fall Semester
- 24-January 1, 2027
Christmas and New Year's Break
(*university closed*)

January

- 10 Residents Check In 1:00-8:00 p.m.
- 11 First Day of Spring Semester
- 18 Martin Luther King Jr. Day Holiday
(*university closed*)

February

- 5 Faculty Development Day (*university open, no classes*)
- 15 Presidents Day Holiday (*university closed*)

March

- 8-12 Spring Break for 16-Week Classes
- 15 First Day of Second 8-Week
Session Classes
- 15 Registration Opens for Summer
and Fall 2027
- 26 Good Friday Holiday (*university closed*)

May

- 3-6 Finals Week for Traditional
Undergraduate 16-Week Classes
- 7 Residents Check Out by 12:00 p.m.
(*except for graduating seniors*)
- 8 Commencement Ceremony
- 9 Last Day of the Spring Semester

TIME COMMITMENTS WITH ACADEMICS

Earning a college degree takes time for your student. Each unit of coursework represents hours of class time and homework they must complete. When life happens—whether it's a car breakdown, a health concern or a big change at work—it's important to support your student and offer understanding.

A general idea of what each unit means for your student depends on what kind of class your student is taking. The most common courses are either a 16-week (full semester) course or an accelerated 6-week course.

- 16-week course: 1 unit = 1 hour of class time and two hours of homework each week. A total semester load of 15 units (five classes at three units each) of 16-week courses means 15 hours a week of class time and 30 hours of homework (45 hours total for the week).
- 6-week course: 1 unit = 2.33 hours of class time and 4.66 hours of homework. One three-unit class would be 7 hours of class time and 14 hours of homework (21 hours total for the week).
- Knowing the time commitment required of your student can be helpful in understanding the demands of their time.



MONTH BY MONTH IN A COLLEGE YEAR

Certain times in the academic year tend to be universally challenging to students. Parents who understand the ups and downs of the first college year and beyond are better able to help their students negotiate the challenges of transition to college. Below are some typical adjustment issues faced throughout the year.

September/October

- ▶ Excitement
- ▶ Testing new-found freedom
- ▶ Frequent calls and visits home
- ▶ Campus familiarization
- ▶ Homesickness and loneliness
- ▶ Anxiety about roommates, professors and classes
- ▶ Students question, "Do I fit in here?"
- ▶ First assignment/test grades returned
- ▶ First midterm exams
- ▶ Love relationships from home remain strong
- ▶ Consequences of decision-making experienced
- ▶ Roommate problems may begin to arise

November

- ▶ Midterm grades returned
- ▶ Excitement or stress about registration for the spring semester
- ▶ Excitement and/or anxiety about going home for Thanksgiving
- ▶ First series of campus-wide illnesses (cold, flu, etc.)
- ▶ Time management conflicts between social and school obligations

December

- ▶ Anxiety over preparations for final exams and projects
- ▶ Excitement and/or anxiety about going home for holidays
- ▶ Sadness about leaving new friendships and/or love relationships for holidays
- ▶ Financial strain from lack of budget experience/holiday expenses

January

- ▶ Fill out the FAFSA!
- ▶ "Fresh Start" mentality sets in with new semester
- ▶ Satisfaction and/or disappointment with fall semester grades
- ▶ Homesickness after break
- ▶ Loneliness for love relationships back home
- ▶ Relief of being away from home and back at school

February

- ▶ Feelings of cabin fever and depression with winter
- ▶ The stress of needing to improve academically
- ▶ The realities and realization of daily college life (the newness is gone)
- ▶ Potential increase in alcohol or other substance abuse
- ▶ Challenges with love relationship back home
- ▶ Valentine's Day brings out loneliness, isolation
- ▶ Midterms
- ▶ Campus sicknesses

March

- ▶ Spring fever
- ▶ Excitement and/or disappointment regarding Spring Break plans
- ▶ Concern over winter weight gain
- ▶ Excitement or stress about registration for the following summer and fall semesters
- ▶ Final exams looming

April

- ▶ Burned-out feeling
- ▶ End of semester pressure
- ▶ Anxiety regarding roommate(s) for next year
- ▶ Excitement with arrival of spring (Spring fever!)
- ▶ Concern over declaring or changing major

May/June

- ▶ Final exam anxiety
- ▶ Stress over moving
- ▶ Apprehension about returning home for summer
- ▶ Sadness over leaving new friendships and/or love relationships at school
- ▶ Realization of how college influences life decisions

In addition to these more predictable stressors, students may experience the following concerns throughout the academic year:

- ▶ Missing family birthday and holiday celebrations
- ▶ Missing participation in family traditions
- ▶ Wanting involvement with family maintained, but expecting their desire for complete freedom to be respected

GUIDE TO UNIVERSITY TERMS

ACADEMIC ADVISOR

A professional academic advisor assigned to students to advise individually on course selection and engage in educational planning based on a student's goals and interests.

ACADEMIC WARNING

A student who has a cumulative GPA below 2.0 has one semester to raise his or her cumulative GPA above a 2.0 in order to avoid disqualification.

ACADEMIC DISQUALIFICATION

If a student has a cumulative GPA below 2.0 for two semesters in a row, he or she will no longer be able to attend the university. Students may choose to 1) immediately appeal this decision or 2) reapply for admission after successfully taking 12 units at another institution.

ADD/DROP PERIOD

During this period at the start of each semester, students may adjust their schedules by adding new classes or dropping classes. Before making changes, it is important that a student contact their financial and academic advisors to avoid any financial or academic consequences.

BACHELOR OF ARTS DEGREE (B.A.)

A four-year degree awarded for a program of study in the liberal arts, sciences or both.

BACHELOR OF SCIENCE DEGREE (B.S.)

A four-year degree awarded for a program of study in the sciences that emphasizes courses in the major instead of general education.

CATALOG

A university publication providing information on academic programs, institutional policies, student rights and graduation requirements. This catalog can be found on Fresno Pacific University's website.

CO-CURRICULAR

Activities in addition to academic courses (such as athletics, ministries, music, theater, services, intramural sports and leadership) that provide students significant learning experiences.

COLLEGIUMS

A group of freshman students, under the advice of a faculty mentor, who work together to learn academically and socially.

COMMUTER HOUSE

An on-campus house which was renovated to be a home-away-from-home for commuter students. The space offers a place to study, cook, eat, nap, play, socialize and recharge.

CREDITS

Unit used to measure coursework. Students must earn a minimum number of credits in specified areas to earn a degree.

FACULTY

The people who teach the courses and determine the academic policies of the university.

FACULTY MENTOR

A faculty mentor advises students relating to their major program including content, internships and more.

GUIDE TO UNIVERSITY TERMS

FAFSA (FREE APPLICATION FOR FEDERAL STUDENT AID)

A federal form that asks students and parents to provide information annually related to personal income to determine eligibility for federal grant, loan and work-study programs.

GENERAL EDUCATION

A series of courses that provide the foundation for informed wise living, as well as the foundation for advanced study.

GRADE POINT AVERAGE (GPA)

Measure of a student's overall academic performance. Individual course grades are assigned a point value (typically on a four-point scale). The GPA is equal to the total number of points earned divided by the number of credits attempted.

GRADUATE SCHOOL

Courses that may be taken after finishing a bachelor's degree. Degrees awarded in graduate school are most commonly master's (M.A.) and doctoral (Ph.D., M.D., etc.) degrees.

LAB

A hands-on course that allows students to test and explore concepts from a related lecture course. These classes are typically in the sciences, but other courses may also require labs.

MAJOR

A primary field of study. Students must complete a specific number of courses in a specialized area.

MINOR

A secondary field of study. In some cases, the minor is related or complementary to the major.

PEER MENTOR

Students whose job it is to help incoming freshman students successfully transition into the university. All incoming freshmen students are assigned a peer mentor.

SYLLABUS

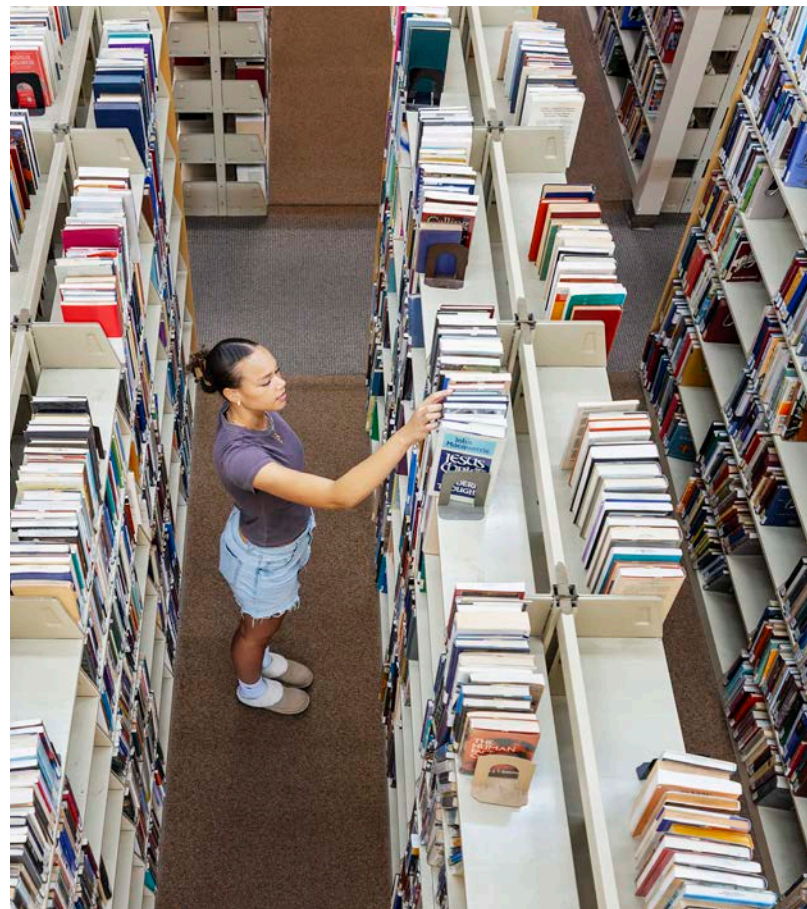
A document that summarizes the course requirements, similar to a contract between the professor and the student.

TRANSCRIPT

A document which displays the courses taken and grades received throughout a student's college career.

UNDERGRADUATE SCHOOL

A college or university that offers courses leading to an associate or bachelor's degree.



CAMPUS RESOURCES

STUDENT ACCOUNT & INFORMATION

HOUSING & MEAL PLANS

559-453-2073

fpu.edu/housing

Living on campus, housing concerns, meal plans, keys and laundry facilities

REGISTRAR'S OFFICE

559-453-2037

fpu.edu/registrar

Course registration/add/drop and transcript requests

STUDENT FINANCIAL SERVICES

559-453-2041

fpu.edu/sfs

Financial aid, account balance, payment plans and make a payment

STUDENT DEVELOPMENT

SUNBIRD ATHLETICS

559-453-2009

fpusunbirds.com

Team schedules and general athletics information

CALLING & CAREER CENTER

559-453-2220

fpu.edu/careerservices

Career planning, resume creation, interview preparation, job and internship search and Career Closet

COMMUTER HOUSE

559-453-5583

Study, print assignments, store and cook food, nap, play games, socialize and rest

STUDENT ENGAGEMENT

559-453-2073

Programs and services for commuter, resident and international students, student activities, student conduct and general student concerns

STUDENT GOVERNMENT ASSOCIATION

559-453-2040

Student-run association addressing student concerns and representing student needs

OFFICE OF SPIRITUAL FORMATION

559-453-3668

fpu.edu/osf

Spiritual formation, pastoral care, missions, service and ministry opportunities

CAMPUS RESOURCES

ACADEMIC RESOURCES

ACADEMIC SUCCESS CENTER

559-453-5585

fpu.edu/asc

Tutoring, study hall, academic coaching, college success strategies, free coffee and tea

HIEBERT LIBRARY

559-453-2090

fpu.edu/library

Research resources and assistance

OFFICE OF DISABILITY ACCESS & EDUCATION

559-453-7130

fpu.edu/disability-access

Accommodations for students with a chronic or temporary disability

HEALTH & SAFETY RESOURCES

CAFETERIA

559-453-2214

Meal schedule, nutrition information and dietary accommodations

CAMPUS SAFETY

559-453-2298

fpu.edu/campus-safety

Safety escorts, report suspicious activity, safety tips and 24-hour services on main campus

FITNESS CENTER

559-453-7170

Exercise for general fitness and sport conditioning

PACIFIC COUNSELING CENTER

559-453-8050

fpu.edu/pcc

Individual, group, couples and family counseling, assessment and referral services

INFORMATION DESK

559-453-2000

If you did not find the contact information you were looking for, you may contact the Information Desk.



A NEW BEGINNING

As your student prepares for life at and after Fresno Pacific University, it doesn't mean you will be left behind. Allowing your relationship to evolve as your student's horizon expands requires compromise, flexibility and trust. With these tools, college can be a wonderful, eye-opening experience for you both.

fpu.edu/parents

