

STUDENT SERVICES

University Libraries	140
Office of Student Accounting	140
Office of Financial Aid	141
Dean of Students Office	141
Campus Recreation	141
Career Services	142
Cooperative Education	142
Engineering Cooperative Education	142
Counseling and Testing Services	142
Dining Services	143
Services for Students with Disabilities	143
Insurance	143
Office of International Programs and	144
Development	
Office of International Services	145
Office of Minority Student Activities	145
Office of the Registrar	146
Office of Veterans Affairs	146
Orientation, New Student	146
Post Office	146
Public Relations	146
Publication Services	147
Safety and Environmental Compliance	147
Student Center	147
Food Services	148
Student Escort Service	148
Student Health Services	149
Student Health Center	150
Substance Abuse Program	150
University Police Department	152
USA National Alumni Association	153
USA Brookley Center	153
University Bookstores	153

University Libraries

The Libraries of the University of South Alabama are active training grounds for the information-finding and the critical thinking skills you will need for the rest of your life.

The two major facilities are the University Library, which is located just north of the Student Center, and the C.M. Baugh Biomedical Library next to the College of Medicine. The University Library supports the missions of the Colleges of Arts and Sciences, Education, Engineering, and Business, as well as the School Computer and Information Science and the School of Continuing Education and Special Programs. The Biomedical Library supports the mission of the Colleges of Medicine, Nursing, and Allied Health Professions. Smaller hospital libraries are located at the USA's Medical Center, Infirmary West Library and the Children's and Women's Hospital. Students over the Bay can obtain materials and electronic information at the USA Baldwin County Library in Fairhope. Students and community members interested in the history, particularly the photographic history of Mobile, the south Alabama area or University history, can use the University Archives located in the Springhill Avenue campus (SHAC).

These libraries have over a million books, bound journals, government documents, videotapes and music recordings, in addition to providing access to over one hundred electronic databases for reference information and journal literature. The SOUTHcat catalog lists all these items. It and other online resources can be found on the homepages of the Library. The Library homepage is <http://usouthal.edu> and Biomedical homepage is <http://southmed.usouthal.edu/library>.

The homepages are your portals to the electronic information that is licensed for the use of our students, faculty and staff. Many of our databases include full-text articles and most can be searched from your home or dorm room. A few of the databases we subscribe to are: Lexis-Nexis, Expanded Academic ASAP, General Business File, Science Direct, AcademicSearch Premier, MLA, PsycINFO, Biological Abstracts, Philosophers' Index, JSTOR, Medline, CINAHL and Web of Science.

The University Library is also a selective depository for U.S. government documents and receives over 65% of all federal publications. The Libraries maintain both paper and electronic faculty reserve collections containing articles and material the faculty want students to review for class work. The Instructional Media Center has videotapes, CDs, and DVDs.

Reference Librarians are available to answer your questions, help with research and demonstrate the use of SOUTHcat and the electronic resources. Internet-connected computers are available in the libraries, as well as printers and copiers, but word processing and other computer applications are not offered at all libraries.

Tours of the facilities and classes on the efficient use of print, electronic and Internet resources are held every semester. Watch for notices of these sessions if you want to become good at finding and evaluating information. If you and your friends are having trouble finding information for your assignments and papers, ask your instructor to schedule a class session with a librarian. Research guides are in the libraries and are also accessible from the homepage, as are forms for requesting books and articles from other libraries (Interlibrary Loan, ILL for short).

Employers are looking for people who know how to find and use good, current information. You will also need to research health, home and other questions that come up in your lifetime. But finding and evaluating information can be very confusing, so ask for help if you have any type of information problem. You can come in and talk to a librarian personally, call the Reference desks or ask a question by e-mail: Knowing how to find and use information is one of the most important skills you can learn while at the University of South Alabama.

Office of Student Accounting

The Office of Student Accounting is located in Meisler Hall, Suite 1300, and provides a variety of financial services to students. The office is responsible for implementing tuition and fee policies approved by the University Board of Trustees.

THE LOWDOWN

Services provided by the Student Accounting Office include cashing out-of-town checks for students (\$25.00 limit - must be prior to two weeks preceding the end of any term), sale of parking permits/hangtags, providing a location and mechanism for the payment of tuition and fees, disbursing of financial aid funds to students, administration of third party tuition contracts along with Perkins and institutional loan programs of the University, and providing students with copies of student accounts and 1098T forms.

For a review of your student account and services offered by the Office of Student Accounting, please see www.southalabama.edu/studentaccounting.

Office of Financial Aid

The Office of Financial Aid, located in Meisler Hall, Suite 1200, subscribes to the principle that the purpose of financial aid is to provide assistance to students who, for lack of funds, would otherwise be unable to attend college. Financial aid is awarded according to each individual's need in relation to college costs. Awards may include grants, loans and part-time employment, which may be offered to a student singly or in various combinations.

The financial aid staff is dedicated to the principle that each student must receive personal attention with complete confidentiality.

Students may obtain general financial aid information at www.southalabama.edu/finaid, as well as their individual financial aid at PAWS (<http://paws.usouthal.edu>).

Dean of Students Office

Located in Room 270 of the Student Center, the Dean of Students Office is a central point for all student concerns. The office is here to help make the educational experience for students a meaningful and memorable one. The Dean of Students Office strives to facilitate cooperation among students, faculty and administrators. The Dean of Students Office provides direction and works in conjunction with the offices, programs, and services indicated below to help ensure the retention, academic progress, and graduation of USA students:

- Campus Involvement
- Counseling and Testing Center
- Judicial Affairs
- Programs and Special Events
- Student Center
- Student Media
- Student Support Services
- Upward Bound
- Campus Recreation
- Greek Life
- Minority Student Affairs
- Southpaw Services
- Student Government Association
- Special Student Services
- Talent Search

For more information or an appointment, call the Dean of Students Office at (251) 460-6172, or E-mail: tbeard@usouthal.edu

Campus Recreation

The Department of Campus Recreation is housed in the Student Recreation Center, located between the HPELS building and the tennis courts. Offered within the "Rec" Center are many recreational activities, such as aerobics and fitness classes that are free to students, faculty and staff. The "Rec" Center contains two full basketball courts, five racquetball courts, an indoor track, a Cybex weight room, and a table tennis area. Campus Recreation programs include Intramurals, club sports, open recreation, outdoor recreation, personal training, and wellness/fitness programs.

The main concern of the Department of Campus Recreation is to provide opportunities for all members of the university community to enjoy satisfying recreational experiences related to their particular needs, varying from the highly competitive type to those of a non-competitive and recreational nature.

For more information about the Rec Center call 460-6065. Call Kim at 460-7268 or e-mail her at ksellers@usouthal.edu for fitness program and class information. To find out more about intramurals call Brian at 461-1627.

Career Services

University of South Alabama Career Services assists USA undergraduate students, graduate students, and alumni in three areas;

- 1) Career Education and Information Services provides resume development and critique, interviewing and job campaign skills, in addition to education and career advising, and employer research. An important part of this free service includes career advisors assisting students in the choice of a major.
- 2) Career Experience Opportunities include cooperative education programs, internships, and other opportunities for experience in the student's field of interest. Cooperative Education experience helps pay college expenses and greatly enhances the student's prospects of finding employment upon graduation.
- 3) Career Employment Assistance benefits students and alumni with on-campus job interviews, online database, resume referrals, and job postings. Other benefits include resume development, interviewing skills, employer research, and the job campaign. It is very important that you register with the Career Employment Assistance program three semesters prior to graduation.

The USA Career Services Center is open 8:00 a.m. to 5:00 p.m. Monday through Friday. Career Services is located at Meisler Hall 2100. The telephone number is (251) 460-6188. The fax number is (251) 460-6091. The website is: www.usouthal.edu/careerservices

Cooperative Education

The Cooperative Education Program enables students to combine classroom studies and paid work experience related to their major field of study. Practical experience is available in industrial, business, governmental, or service organizations. Students may apply at the Career Services Center to enter the co-op program when they have completed 12 credit hours, attained a cumulative grade-point average of 2.3 or above, have at least three semesters remaining before graduation, and will be a full-time student upon commencement of participation in the program.

There are two options.

Option 1. Parallel Co-op: Students work part-time, usually 15 to 20 hours per week, while attending classes for a minimum of 12 academic credit hours per semester throughout the calendar year.

Option 2. Alternating Co-op: Students work full-time one semester and attend classes full-time the following semester on a rotating schedule. The work assignment is usually shared by a pair of students on an alternating basis.

Prerequisites for participation in the Cooperative Education Program include attending the Employability Skills Seminar offered continuously by Career Services. To remain in the program, students must maintain good academic standing, a cumulative grade-point average of 2.3 or above, and comply with the policies and procedures of the employer and the Cooperative Education Program.

Engineering Cooperative Education: The Five Year Plan

This program allows engineering students to gain valuable work experience while pursuing a degree. The first year is spent as a full-time student at the University. During the sophomore and junior years, the student alternates working full-time with an excellent salary for one term and taking full-time course work the next. The student returns to school full-time for the senior year. This program offers many advantages for engineering students. Interested students should consult with either Career Services or the College of Engineering for more information.

Counseling and Testing Services

The University Counseling Center, located in Alpha Hall East, Room 326 offers a full range of helping services to the students of the University. Either Individual or

THE LOWDOWN

group psychotherapy are offered to assist clients in dealing with problems of everyday life. These problems may range from severe anxiety or depression to just feeling like "blowing off steam" or "yelling about a roommate." There are also programs available through the Counseling Center for helping students with academic problems, career decisions and vocational choices.

The professional staff of the University Counseling Center are appropriately trained for the services they deliver and adhere to the strict ethical standards of their professional organizations. Strict confidentiality of records and counseling relationships is maintained at all times. For more information, call 460-7051.

University Testing Service serves as a regional testing center for national testing organizations. Most national entrance examinations are administered by our office. For more information, call 460-7051.

Dining Services

Dining Services at the University of South Alabama are managed by ARAMARK Campus Services, a world leader in the college food industry. Our dining selections vary from the home cooking found in the Market to a quick snack or late-night grill option at the Delta Deli. The services are designed with the utmost in freedom and flexibility for the ever changing needs of the USA student.

Any student living in University housing, including Greek Housing with less than 24 credit hours is required to purchase the USA meal plan . For students with 25 credit hours or over, you can also participate in the meal plan. The meal plan is set up on your Student I.D. Card, which eliminates your need to carry cash on the campus.

For additional information please contact the Dining Service office at 460-6296 or visit the web site at <http://www.usadiningervices.com>.

Services for Students with Disabilities

The University provides services to students who are physically, emotionally or learning disabled. Students in need of accommodations in or out of the classroom due to a disability should contact the Special Student Services Office in the Student Center, Room 270, 460-7212.

Insurance

The optional student insurance (brochure) is available on the website www.southalabama.edu under Student Services, entitled, "Student Accident and Sickness Insurance Plan." The policy is administered by Student Plans, Inc., 1730 Park Street, Suite 207, Naperville, IL 60563. The telephone number is 1-800-338-1938, Extension 229.

The purpose of this plan is to protect the student from the expense of the more costly illnesses and injuries requiring hospital care, surgical treatment, and x-ray examinations which can so seriously disrupt the student budget.

All students attending the University of South Alabama and their eligible dependents can participate in this Insurance Plan. Eligible dependents are the insured student's spouse residing with the insured student and the insured student's unmarried children who are over the age of 31 days and under the age of nineteen (19) years.

This Plan provides protection 24 hours per day during the term of the policy. Students are covered on and off campus, at home, and while traveling between home and school during interim vacation periods.

Coverage

Coverage includes accidental injury sustained, or sickness commencing during the term of coverage. The company will pay the usual and customary expenses incurred within 52 weeks from the date of accident or first treatment of sickness or disease, subject to the limits set forth for each plan.

THE LOWDOWN

Participation in all athletic activities other than intercollegiate sports is covered. (Intramural athletics are covered.)

Benefits are paid in addition to other insurance except as noted under Exclusions.

Policy Term

The policy covers students (and their dependents if insured) 24 hours a day, whether on campus or away.

Coverage is in effect during all interim vacation periods. Effective date of coverage, provided proper premium is made, will be the latest of August 14, 2004, the first day of the semester, the date the student enters the eligible class, or the day enrollment is made for coverage under the policy.

A brochure/application, and claim forms are available at the Student Center Information Desk. A claim form may be obtained from the Student Plans website - www.studentplans.net.

Office of International Programs and Development

The Office of International Programs and Development, an administrative unit of Academic Affairs and the School of Continuing Education and Special Programs, provides coordination and direction for the University's international contacts. Foreign Travel for University international activity, e.g., academic programs and projects that involve University faculty, staff, or students beyond territorial limits of the United States has to be processed through the Office of International Programs and the director signs all Request for Travel forms.

Program activities include the administration of grant programs which provide funds for faculty to do international research or to teach. The office coordinates the University International Affairs Committee, as well as serves as liaison with external consortia which promote study and research abroad. The Office maintains information on government and private institutions that provide support to individuals who are interested in study, research, travel, or employment abroad. Administrative support is also provided for off-campus foreign studies programs.

International Programs internally reviews and disseminates information on established University programs and provides support for new initiative in international education. The Director of International Programs works directly with University Deans, Division Heads, and Directors who are responsible for institutional curriculum for the University International Affairs Committee.

The resources of the Office of International Programs and Development are available to local government and community organizations that foster international cooperation and understanding.

Study Abroad and Special Programs

The Office of International Programs and Development oversees the implementation of the study abroad programs, e.g., the Latin American Studies Program, a program is designed in affiliation with Latin American educational institutions in Mexico and Central America.

Mexico Program (June-July)

The University of South Alabama Summer Session in Mexico is held in Xalapa, Veracruz, Mexico. Students participating in this session attend the University of Veracruz, School for the Foreign Students. During the six-week session participants study Spanish, History, Literature, Art, etc. Students attending this program may earn up to 10 credit hours. Field trips and sight-seeing trips complement the stay in Xalapa. For complete details, please contact International Programs or the Foreign Language Department.

Special Programs

The Office of International Programs and Development oversees the implementation of special programs.

THE LOWDOWN

Special Programs under agreements of mutual cooperation with foreign educational institutions: University of Worms, Germany (Senior Student Exchange Program); Passau University, Germany (USA-Passau Student Exchange Program); Pau University, France (MBA Studies Exchange Program); Rafael Landivar University, Guatemala (Fulbright Faculty Seminar).

In the U.S., affiliations for special study abroad programs include: International Studies Abroad (ISA) for year, semester, and summer study abroad programs in Spain, Mexico, France, England, the Caribbean, Costa Rica, Chile, Argentina and Australia. Also, the University of Arizona for their Russian Study Abroad Program in Moscow and St. Petersburg (Summer and Semester).

Independent Study Abroad

The Office of International Programs and Development assists University students participating in study abroad programs offered through other accredited institutions or organizations. Some of the most recent destinations for USA students in Independent Study Abroad Programs include: Australia, Costa Rica, France, England, Ireland, Japan and China. For more information, please call the Office of International Programs.

NOTE: USA students going to study abroad or participating in international research/internship programs abroad must register through the Office of International Programs prior to the start of their program. For more information contact International Programs.

IMPORTANT: Financial Aid disbursement must be coordinated through the Office of International Programs - No exceptions.

The University of South Alabama provides equal educational opportunities to and is open and accessible to all qualified students without regard to race, color, creed, national origin, sex, or qualified handicap/disability, with respect to all of its programs and activities.

Office of International Programs and Development

320 Alpha Hall East, Mobile, Alabama 36688-0002

Telephone: (251) 460-7053; Fax: (251) 460-6228; E-mail: intprog@jaguar1.usouthal.edu

Dr. Robert J. Fornaro, Director

Ana Burgamy, International Program Specialist, E-mail: aburgamy@usouthal.edu

Office of International Services

The Office of International Services is responsible for the services and programs needed by the international student community of the University. Among its functions are international student admission, personal advising, enrollment certification, and activity programming. The Office maintains up to-date information on immigration and other regulations which affect international students, and publishes regular newsletters and announcements to keep these students aware of regulations and activities.

In addition, the Office of International Services assists the students in conducting the International Spring Festival and holds an International Student Banquet in the Fall in conjunction with the Associate Vice President of Enrollment Services Office.

The Office is located in Meisler Hall, Suite 2200, 460-6050.

Office of Minority Student Affairs

The Office of Minority Student Affairs is located in the Student Center on the first floor in Room 110. This office was created to assist in the personal development and retention of Minority students at the University of South Alabama.

The objectives of the program are:

1. Develop and coordinate a mentor program (Project Success) to increase retention.
2. Promote cultural awareness on campus as well as in the surrounding community.
3. Advise the African-American Student Association on annual events as well as establishing new programs.
4. Work with all student organizations to promote cultural diversity and develop a sense of community and well being.

For more information, call 460-6895.

Office of the Registrar

The Registrar's Office, located in Meisler Hall, Suite 1100, provides academic services for graduate and undergraduate students at the University. The Registrar's Office is responsible for major functions such as registration and drop add (change of courses), grade reporting, transcript production, final degree check, commencement, distribution of diplomas, determination of academic honors, enrollment certifications, degree verifications, address and name changes, change of residency status and the schedule of classes.

The Registrar's Office is charged with the responsibility of maintaining the integrity of the students' academic records, i.e., ensuring the confidentiality, accuracy, and security of the University's academic record system. To access the Registrar's homepage go to www.southalabama.edu/registrar.

Office of Veterans Affairs

The Office of Veterans Affairs is located in Suite 2300, Meisler Hall. VA enrollment certifications and other related services are provided by this office to veterans, veteran dependents, and active duty personnel.

Orientation, New Students

The *Southbound* Orientation program is designed to assist new undergraduate students in their transition to the University of South Alabama. It includes academic advising, preparation of the class schedule and registration information, as well as a variety of other information about USA: academic policies, student activities and other student services.

Southbound Orientation is held every semester and it is a **mandatory** program for all new undergraduates **except** those who are classified as: Transient, Audit, Unclassified or those students attending **only** USA Online classes. An orientation fee is charged to all students who are required to attend. For additional information, please contact the Office of New Student Orientation at 460-7093 or visit our office in the Meisler Hall, Suite 2600.

Post Office

The University of South Alabama Post Office is essentially a Contract Station operating under U.S. Postal Service guidelines and a mail room operating under the University of South Alabama policies and procedure.

This contact station is staffed by University of South Alabama employees, who are familiar with all areas of postal operations and are qualified to handle most any task. Up-to-date domestic manuals are maintained and used for reference purposes. Drop boxes and window service consist of selling postal supplies and accepting letters, flats and parcels for mailing. Departmental mail pickup and delivery service is provided by means of an established route. The campus mail room will process all departmental mail, domestic and foreign, except C.O.D. which must be handled with the U.S. Post Office.

All students who live on campus are required to have a personal post office box to receive mail; thus the Post Office box number is the student's campus address. For additional information please call (251) 460-6279, or visit our web site at www.southalabama.edu/postoffice.

Public Relations

The University's Office of Public Relations serves as a publicity outlet for student events, honors, and other newsworthy happenings. The Public Relations Office sends news releases to newspapers, radio, and television, and can assist you in reaching other students or the general public. If possible, information should be submitted at least four weeks in advance of a planned event.

All submissions should be brought or mailed to the Office of Public Relations, 250 Administration Building (460-6211).

THE LOWDOWN

Publication Services

The Office of Publication Services is located in University Commons (UCOM) on the corner of University Boulevard and Old Shell Road. This department services the printing and copying needs of students, faculty, and staff on an individual, departmental, or organizational basis. Publication Services provides the latest techniques in typesetting, desktop publishing, creative design and layout, color copies and transparencies, full-color large format printing (posters, banners, and signs), scanning, digital high-speed printing and one color to multi-color offset printing. Variable data production is available for use on materials targeted to individuals with a supplied data base.

Publications provides coin-operated copier services in convenient locations on and off campus. Coin-operated copiers can be found at USA Springhill on the 2nd floor of the College of Nursing and in the lobby of the Student Center located on the main campus. Most walk-in cash copy orders can be completed at the Office of Publication Services while you wait.

Publication Services also provides the University community with complete production of all directional and informational signs. Lamination is available for materials ranging in size from 2"x3" up to 42".

The quality and effectiveness of a publication can be enhanced by consulting with staff artists early in the design stages. Consultation also allows Publication Services to share valuable timesaving and cost-effective tips with the customer.

Publication Services creates printed material tailored to meet specific needs, including resumes, newsletters, directories, handbooks, posters and flyers, stationery, and more. For further information or to schedule an appointment call (251)380-2828 or e-mail us at publink@usouthal.edu.

Safety and Environmental Compliance

The University of South Alabama strives to assume a safe environment for its faculty, staff, students and others who may work at any of the University's properties. In support of this policy, the University will give high priority, appropriate support, and take proactive actions to eliminate hazards where possible, or to reduce to acceptable limits, environmental and occupational hazards.

Faculty, staff, and students have an obligation to take all reasonable precautions to prevent injury to themselves or to their fellow employees, visitors, patients and/or students. They are expected to follow approved policies and procedures which apply to their activities, and to check with their supervisors when they have any concerns regarding potential hazards.

The President has delegated to the Director of Safety and Environmental Compliance, the responsibility and authority for assuring overall compliance with applicable safety and environmental standards University-wide.

The Department of Safety and Environmental Compliance is responsible for working with and through academic and service units by identifying and assisting in resolving safety and environmental problems, recommending standards, evaluating and reporting on the status of compliance with standards, providing technical and support services, recommending necessary changes, documenting, analyzing, and developing training resources.

For additional information regarding our department and its programs, call 460-7070.

Student Center

The Student Center emphasizes educational programs, student activities and services, and acts as the focal point to bring together the entire University of South Alabama family of students, staff, faculty, and alumni. Built in 1970-71 with 86,000 square feet, the SC serves not only as the center for student life, it also functions as a conference, meeting, and event center, and houses dining services. The main goal of the SC is to enrich university life outside the classroom.

Offices located in the SC include:

FIRST FLOOR: Director of the SC, Auxiliary Enterprises, African-American Student

THE LOWDOWN

Association, Council for International Student Organization, Southpaw Services, Campus Involvement, Jaguar Productions, Minority Activities, and Greek Life.

SECOND FLOOR: Dean of Student Services, Special Student Services, Student Government Association, Vice President of Student Affairs, and Dining Services.

The Student Center also has a ballroom, several meeting rooms, a gameroom (which includes a large screen television), an art gallery, and several areas for relaxing, studying and visiting with friends. The information desk - located on the first floor - is open Mondays through Fridays from 9:00 a.m. to 5:00 p.m.

Southpaw Services - currently consists of the Jag Card ID office, the reservations office and the computer lab. The computer lab - which has 15 Dell computers - is a non-academic lab available to all students and the general public. Not supported by academic fees, there is no fee for use of the computers and a minimal per page charge for printing. Call 460-6077 for current hours of operation.

The Jag Card is the student identification card and is required of all enrolled students. It serves as a library card, allows admission to the Rec. Center, is required for student voting and may be required by some professors for exams. The card is valid for enrolled students for up to five years. Students are automatically charged \$5.00 for the card upon entering USA; replacement cost for lost or stolen cards is \$10.00.

The Jag Card may be used as a declining balance card to make purchases in all Campus Dining facilities and the USA Bookstore. Funds to open the account are deposited and spent simply by using the Jag Card - a convenient way to eliminate carrying cash. The Jag Card can be obtained during the hours of operation of the computer lab. Call 460-6077 for current hours of operation.

Reservations for meeting rooms or the Ballroom may be made by any group, however, recognized student groups, faculty and administrative departments will have priority over groups not affiliated with USA. Rental fees are not charged to USA groups for non-revenue producing functions.

To reserve space, an authorized representative of the group may come to the computer lab area of Southpaw Services (SC 160) and complete a reservation form or make a reservation online at: www.usouthal.edu/southpawservices/reservation.html

For complex events, it may be necessary to meet with the staff to discuss special requests. If required, it may also be necessary to obtain support from other USA departments.

A complete copy of the Reservation Policy and fee schedule may be obtained in Room 160.

Telephone services - One free campus restricted phone is located next to the Game Room on the first floor of the SC. The SGA office has a free telephone for student use during office hours in Room 280.

Food Services

USA Food Court: Located on the second floor of the Student Center by the main entrance, the USA Food Court tempts your taste buds with a wide variety of foods. Try made to order pasta or fresh made sandwiches from the grill or consider the Blue Plate Special. New for Fall 2006 is the Tortilla Fresca and Miso Grill featuring international cuisine. The Food Court is open Monday through Friday for breakfast, lunch and dinner and Sunday night for dinner. Downstairs in the Student Center features The Daily Grind, proudly brewing Starbucks coffee. Stop by Monday through Friday and enjoy your favorite Starbucks beverage. New for Fall 2006 is a sandwich shop adjoining The Daily Grind featuring made to order deli sandwiches and snacks.

Catering: Are you having an event on campus where you would like to serve food? Catering can arrange the simplest of meals - from punch and cookies - to the most elegant of plated dinners. Call Catering at 460-7948.

Student Escort Service

The University of South Alabama, provides a FREE campus-wide student/faculty escort service for those on campus after dark.

THE LOWDOWN

To use this service, one may call 460-2855 at the times indicated as follows. There are designated free phones in major buildings such as the Library, Gymnasium, Computer Center, Gamma Commons, the Student Center, Delta Commons, the Alpha North Lobby and the Engineering Computer Lab, or anyone may call from a personal phone.

An escort wearing a name tag and distinctive red escort shirt or sweatshirt will arrive within five minutes to walk or drive you (depending on distance and weather) anywhere on campus. Each escort shows official Escort Service picture identification upon arrival, and every escort has been carefully screened and approved by university staff.

To set up a regular weekly escort either to or from a night class, call 460-2855 during regular night hours.

Students interested in becoming an Escort should also contact the Director by calling the Escort Service number below. All Escorts are interviewed and their applications reviewed by a Selection Committee. Background references are checked for each new Escort selected.

PHONE: 460-2855

HOURS: 7:00 p.m - 12:00 midnight, Sunday - Thursday nights (Except during holiday periods, and summer)

DON'T TAKE THE RISK, BE SAFE AND CALL!

Student Health Services

The Student Health Center is located in the Health Services Building. Student Health Services are available during each semester to all students enrolled in the University.

The center is staffed by Registered Nurses from 8 a.m. to 4 p.m. when school is in session. A physician is available for appointments Monday through Friday. Appointments can be made by calling 460-7151 between 8 a.m. and 4 p.m.

Ambulatory care services are available at the Student Health Center. Students are strongly encouraged to obtain insurance for medical services, specialty referral and/or hospitalization.

Student Health Center Services:

1. Outpatient Visits: The health center staff is prepared to evaluate all ambulatory problems. Appointments can be made by calling 460-7151.

2. Laboratory Tests: Available through the Laboratory Monday through Friday from 8:00 a.m. to 4:00 p.m. at a charge to the student.

3. X-Rays: Available through the Radiology Department Monday through Friday from 8:00 a.m. to 5:00 p.m. at a charge to the student.

4. Allergy Injections: Provided for a nominal fee to the student. Students must supply their own medications with written instructions from M.D. Subject to approval by the Student Health Center physician.

5. Immunizations: Available for a minimal charge at Student Health Center or the Mobile County Board of Health.

6. GYN Services: A Provider is available by appointment to provide routine gynecologic care including pap tests, STD tests, breast exams, pregnancy testing, and contraception counseling. A deposit is required at the time the appointment is made. This is applied to charges incurred at the time of your visit.

7. STD Screening & Counseling: Sexually transmitted disease (including HIV) evaluation, education counseling and treatment is available. A nominal fee is charged for specific tests.

8. Physical Exams: Exams required by the University can be performed by appointment through the Student Health Center for a fee.

9. Health Education: A variety of health promotion and wellness programs are available through Student Health. A Health Educator is available to develop, implement and coordinate health education outreach programs and campus events designed to prevent disease, promote wellness and healthy lifestyles.

THE LOWDOWN

10. Rape Hotline: The Student Health Center number (460-7151) serves as an assault hotline 24 hours a day for those seeking assistance from the Victims Advocacy Program.

11. Counseling Services: Available 9:00 a.m. to 4:00 p.m. Monday through Friday at the Counseling Center.

12. Substance Abuse Program: The Substance Abuse Program provides substance assessment, counseling, and education Monday through Friday 9:00 a.m. to 4:00 p.m.

Student Health Center

At the Student Health Center, our goal is to help students make their educational journey the healthiest one possible. The mission of the Student Health Center at the University of South Alabama is to provide quality and cost effective healthcare services relevant to the needs of students. We strive to accomplish this through health education, health promotion and a primary care clinical practice. You might say that our specialty is students.

Conveniently located in Suite 1200 of the Health Services Building on campus, our employees are uniquely equipped to help students meet their primary care needs much like their family physician.

We encourage students to call for an appointment before they visit the Health Center. Same day appointments are available on most days and can help students avoid long waits. Walk-in urgent care is available during business hours for students who need to be evaluated by a health care professional. The number to call to make an appointment is 460-7151.

For students who seek services that are beyond the scope of care of our ambulatory clinic, we are always happy to refer to your hometown or out-of-state health care provider. We are very accustomed to working with out-of-state healthcare providers and can refer you to local physicians and specialists in the USA Physicians Group or the Mobile community, if necessary.

The student health fee provides access to the many services offered at the Student Health Center. There are nominal charges for laboratory procedures, medications, appliances, etc, that should be paid at the time service is rendered. The Student Health Center will be happy to provide itemizations for these charges to be filed with your personal health insurance. The Student Health Center provides health care for all eligible students whether or not they have health insurance and without regard for their ability to pay. Students who do not have insurance are encouraged to obtain health insurance, and we recommend that you consider the policy that is available in the Vice President for Student Affairs Office.

In addition to excellent primary health care, the Student Health Center provides immunizations, allergy injections, laboratory, nutrition counseling, pharmacy services, women's health services, and health education and wellness services.

We hope that while you are a student at the University of South Alabama you remain healthy and injury free. However, the University of South Alabama Student Health Center is on campus to assist you should you need medical care.

Substance Abuse Program

The Substance Abuse Program is committed to providing the University of South Alabama community with educational and prevention programs related to substance abuse. Counseling, outreach programs, and consultation services are provided, to increase knowledge and awareness of alcohol and other drug issues and decrease the negative consequences associated with high risk drinking and illegal drug use. The program advocates the protection of the legal rights of students as they relate to alcohol and drug laws.

Educational Goals

The Substance Program has the following educational goals:

THE LOWDOWN

1. Disseminate information to members of the University community about common substances of abuse and the harmful effects associated with their use and or misuse.
2. Convey to students who choose to abstain from alcohol the acceptability of that choice and educate students who choose to drink about the responsible use of alcohol.
3. Provide members of the University community with information about signs of substance abuse and addiction and resources available to assist with these disorders.
4. Educate students about University and government imposed penalties for alcohol and other drug violations.
5. Promote the development and utilization of peer educators who serve as role models and encourage healthy choices concerning alcohol and drugs through various awareness and educational activities.

Services

The Substance Abuse Program, a part of USA Counseling and Testing Service, provides a variety of services to students, employees, and their families. These services include the following: **Substance Abuse Assessments, Individual and Group Counseling, Alcohol and Drug Awareness/Education Programs, Consultation with Faculty and Staff, and Referral Services.**

The Substance Abuse Program works collaboratively with BACCHUS, a USA student organization that provides peer education related to alcohol and drug prevention. Special programs are scheduled throughout the year but particularly during National Collegiate Alcohol Awareness Week and Safe Spring Break Week to promote healthy decision making regarding alcohol and other drugs.

The Program offers printed and videotaped materials related to alcohol and drug prevention. Alcohol 101 Plus, an interactive CD-ROM program, provides an opportunity for students to learn about the risks associated with the misuse of alcohol and receive individual feedback about their own drinking habits.

The Program maintains a web site at www.usouthal.edu/counseling which enables students to obtain additional information about alcohol and drugs. On-line assessments are also accessible through this site.

Peer education training is offered for students desiring to develop their skills in this area.

The Program conducts periodic alcohol and drug surveys to assess current patterns of alcohol-drug use.

The services of the Substance Abuse Program are confidentially provided. Students who would like to receive assistance or further information are invited to contact this office at (251) 460-7980. The Substance Abuse Program is located in Alpha Hall East, Room 326.

Types of Drugs and Health Risks: A Brief Summary

- I. **Alcohol** is a central nervous system depressant. Short term effects of excessive alcohol intake may include impaired judgement and coordination, distorted vision, slurred speech, nausea, and blackouts. Death from alcohol poisoning begins to be a possibility if the blood alcohol level reaches .30. The long term health risks of heavy drinking include hypertension, stroke, cirrhosis of the liver, heart problems, brain and nerve damage, sexual dysfunction, and stomach ailments.
- II. **Tobacco** contains nicotine which is both a stimulant and a sedative to the central nervous system. It is known to be a very addictive substance. Smokers become physically and psychologically dependent. The long term health risks of smoking cigarettes include emphysema, heart disease, stroke, and cancer of the mouth, larynx, pharynx, esophagus, lungs, pancreas, cervix, uterus, and bladder.
- III. **Marijuana** contains THC (Delta-9-tetrahydrocannabinol) which accounts for most of its psychoactive or mind altering effects. The short-term effects of using marijuana include sleepiness, memory and concentration problems, impaired motor coordination, increased heart rate, dry mouth and throat, and decreased social

THE LOWDOWN

inhibitions. The long term effects of using marijuana include impaired lung functioning, sexual problems, breast tissue development in men, and possible immune system damage.

- IV. **Stimulants** increase the activity of the central nervous system. Examples include amphetamines, methamphetamines, cocaine, and crack which cause short term elevations in mood, self-confidence, energy, heart rate and blood pressure. Potential difficulties associated with the more powerful stimulants such as these include possible physical addiction, psychoses, severe depressions, and anxiety syndromes such as panic attacks and obsessions. Additional health risks include seizures and cardiac arrest.
- V. **Hallucinogens** are substances that distort perception of reality. The most well known hallucinogens include lysergic acid diethylamide (LSD), mescaline, and phencyclidine hydrochloride (PCP). Under the influence of these drugs, the senses of direction, distance, and time become disoriented. They can produce unpredictable, erratic, and violent behavior in users that sometimes lead to serious injury and death. At big doses, LSD can cause convulsions, coma, heart and lung failure, and even death.
- VI. **Sedatives/Tranquilizers** are drugs used to reduce anxiety and tension. In some cases, they are used as sleep aids as well. Like alcohol, these drugs are central nervous system depressants. Examples include barbiturates such as Amytal, Nembutal, and Seconal, as well as benzodiazepines such as Activan, Halcion, Librium, and Xanax. Rohypnol, a date rape drug, also falls into this category. Although specific effects may vary according to the particular drug, these drugs typically induce a state of relaxation and drowsiness. At high doses, dizziness, slurred speech, impaired coordination, and amnesia may occur. Health hazards include risk for addiction and coma and/or death from overdose.
- VII. **Narcotics** are painkillers or analgesics. These drugs include morphine, heroin, codeine, and Dilaudid, all of which are derived from opium. Synthetic narcotics include drugs such as Demerol, Percodan, and Darvon. These drugs tend to reduce sensory feeling and sensitivity of all kinds, to pleasure as well as pain. In large doses, they induce drowsiness, mental clouding, lethargy, and even sleep. They are highly addictive. Overdose risks include convulsions, coma, and death.
- VIII. **Anabolic Steroids** are synthetic derivatives of the male hormone testosterone. These derivatives of testosterone promote the growth of skeletal muscle and increase lean body mass. The long-term, high dose effects of steroid use are largely unknown. Major side effects of anabolic steroid use include liver tumors, jaundice, fluid retention, high blood pressure, acne, and trembling. Aggression and mood swings as well as other psychiatric side effects may result from their abuse.

University Police Department

The University of South Alabama has its own University Police Force. The University of South Alabama Police Department's mission is to, in partnership with the university community, strive to provide a safe crime-free environment to **learn, live, work, and play**.

Our goals are:

1. Educate the University community, which includes faculty, staff, and students, on crime prevention methods and techniques and encourage them to accept appropriate responsibility for their safety and security on campus.
2. Provide purpose-driven services to all segments of the university community while aggressively striving to maximize campus safety and minimize security risk factors.

THE LOWDOWN

3. Encourage and provide professional development opportunities for the Police Department.
4. Enforce state and federal statutes, rules and regulations to ensure the safety of university faculty, staff, students, and guests.
5. Achieve this mission in the most efficient manner possible.

USA National Alumni Association

The USA National Alumni Association is comprised of those alumni and friends of the University of South Alabama who are concerned with quality education at the University. This concern is demonstrated by their continuing support, both financially and as volunteers.

The National Alumni Association is involved in a number of programs which greatly enhance life at South Alabama. Faculty recognition awards, the ambassador group "The Southerners", and scholarships are a few of the activities sponsored by the association.

Through the Alumni Leadership Scholarship program, the Association is helping attract top students by awarding the Freshman Leadership Scholarships for incoming freshmen, Book Scholarships for sophomores, juniors and seniors currently at USA Children of Alumni Scholarship and a Graduate Student Scholarship. Scholarship applications are available in January at Alumni Hall and on the Associations website at www.southalabama.edu/alumni.

As an introduction to National Alumni Association, graduates will receive a complimentary first year membership upon completion of graduation. For more information, call the Office of Alumni Relations at 460-7084 or stop by the Alumni Hall.

USA Brookley Center

The USA Brookley Center is located on 327 acres on Mobile Bay, one mile south of Interstate 10. Facilities and activities are not covered by the Student Activity Fee. Students may use the lodging facilities and 18-hole golf course for a small charge.

Gulf Pines Golf Course offers reduced green fees and merchandise discounts to USA faculty, staff and students. The golf course and practice areas are open daily. The course has a fleet of electric golf carts and offers pull carts and golf clubs for rent. Call 431-6413 for more information.

The swimming pool opens Memorial Day Weekend through Labor Day for lodging guests only. Call 431-6410 for more information.

Brookley's Magnolia Ballroom is the perfect place for a formal dance, and the lodging rooms are quite a bargain at \$28.00/night for overnight accommodations after special events like Bayfest. Call 431-6410 for advance reservations.

Experience lunch in the Naman's Middle Bay Cafe', Monday through Friday from 11:00 a.m to 1:30 p.m. Call the menu line at 431-6447 for the daily special.

University Bookstore

Located on the main campus, the USA Bookstore is your one stop for all your campus needs. At the bookstore you will find new and used textbooks, as well as the supply materials necessary for all of your courses. In addition, you will find a variety of reading materials from classics to today's best sellers.

To help you show your school spirit, an assortment of emblematic giftware and fashion sportswear is also offered.

Here are a few of our many other products and services:

Personalized Greeting Cards

Class Rings

Soft Drinks/Snack Food

Dorm Room Supplies

Calculators/Electronics

Music CD's

Custom Sewn Apparel

Facsimile Service

Computer Software

Laptop Computers

THE LOWDOWN

Regular Store Hours: 8:00 a.m.-6:00 p.m., Monday and Tuesday. 8:00 a.m.-5:00 p.m., Wednesday, Thursday, and Friday. "Rush" hours and summer hours will be posted at the Bookstore entrance.

Visa, MasterCard, Discover, American Express, and USA Jag Cards are accepted. For additional information please call (251) 460-7012, or visit our website at: www.southalabama.edu/bookstore.

HEALTH SCIENCES BOOKSTORE

Located at the USA Springhill campus, the USA Health Sciences Bookstore provides textbooks, academic and medical supplies to the students, faculty and staff of the Colleges of Medicine, Nursing, and Allied Health Professions, as well as the University's Hospitals. Medical reference books, review books, and test preps are available, and special order services is provided for titles not in stock.

The USA Health Sciences Bookstore is also an authorized reseller of Littman and Welsh-Allyn medical diagnostic equipment.

For additional information call (251)434-3635, or visit our website at www.southalabama.edu/bookstore.

