



National Student Exchange (NSE) - Incoming Students FAQ's

Pre-Arrival

When can I register for classes?

At the same time as WOU students. So get your admission paperwork (non-admit form you received from WOU NSE coordinator) returned as soon as possible.

Do I have to participate in “new student orientation?”

No, it is your choice to attend. However, it would be a great opportunity to get acquainted with WOU! New Student Week (NSW) the week before fall term classes start. After Labor Day, a schedule for NSW is posted at wou.edu/student-engagement/. The schedule is usually available on WOU's home page, too.

All students arriving Fall, Winter, or Spring terms, there is an NSE orientation scheduled during the first week of classes – it is usually part of one afternoon. If you are interested in more information, please contact the WOU NSE Coordinator.

Can I send extra stuff in boxes to WOU before I arrive?

The best place to get answers about living on campus (move-in, computers, what to bring) is online: wou.edu/housing/new-residents/ or call 503.838.8311.

How do I get to WOU from Portland?

If you fly, one option is to take the HUT Shuttle at PDX to Salem. HUT Shuttle (503.364.4444, or online www.hutshuttle.com) is a van service that has regular shuttles between Portland International Airport and Salem. The HUT Shuttle gets you to the Salem Airport on 25th St. SE. In Salem, there is Cherriots Regional (Call 503.588.BUSS or online: cherriots.org/en/routes/40X) is a way to get to Monmouth from Salem without paying for a taxi or using Uber/Lift. Most students seem to drive here – remember in Oregon you cannot pump your own gas except in rural areas – or you have family that gets you to Monmouth.

You can request a ride (cost \$10.00) from Salem to Monmouth from the WOLF Ride van – special ride request. Note that the special rides to and from Salem are only offered at the beginning and end of a term. Request forms are available on the WOLF Ride web page (wou.edu/wolfride).

Additional modes of transportation from Portland to Salem include the Amtrak (train) and the Oregon Express Shuttle that gets you to the Holiday Inn in NE Salem.

Do I have to provide Health and Immunization history to WOU?

Yes. This information is required for NSE students. Go online to <http://www.wou.edu/health/students/immunizations/> for more information on these required



forms and access these forms with instructions. If you send the completed forms to the NSE Coordinator, the forms will be hand-delivered to SHCC.

University Housing

General information is available at wou.edu/housing.

Are the on-campus apartment's co-ed?

Co-ed rooms or apartments on campus are very limited (for upper-class students on a trial basis only). However, all the residence hall buildings themselves are co-ed.

If I arrive in Monmouth the day before the official housing move-in date, can I move into the dorms early?

Not normally but you can call and ask for permission. Call 503-838-8311 to ask about this. There is additional cost to move-in early.

How can I find out my future roommates?

You can go online and look on your WOU Portal account in Wolf Web and it should provide you with their name(s) and contact number(s). In late July you will be emailed with more information about this.

How do I find out what dorm I am in?

You can log in to your WOU Portal account in Wolf Web and find your room number and hall information as well as whom your Resident Assistant will be.

Do I have the option to stay over breaks and holidays? Would I pay extra?

It depends on where you live on campus. If you live in any other hall other than Arbor Park you will have to pay extra to stay over most breaks. However if you live in Arbor you may not have to pay extra for any breaks. Contact University Housing for more information.

Where does my mail get delivered too?

Your mail will be delivered to your Residential Service Center (RSC) Box # which is also posted with your housing information on WOU portal. U.S. Postal Service mailing address for the Residence Halls would include an RSC Box #: Name, RSC Box#, Western Oregon University, 347 N. Monmouth Ave., OR 97361.

Campus Life

What are the cafeterias and meal plans like?

Valsetz is the only cafeteria on campus, but we also have a few other places to grab a quick bite. We have Caffe Allegro for coffee lovers and breakfast and snack foods in the Werner University Center. The Press (serving Starbucks coffee) is located inside the Hamersly Library. Both The Press and Allegro serve hot, iced, and blended beverages. We have the Wolf Deli and Western Grill located in the Werner University Center. All of these places have a great selection of food to choose from everyday. You can pick different types of meal plans for Valsetz Dining Hall depending on how much you spend/eat.

Do I need a school ID card?

Yes. This is very handy to have when you need to show your ID for picking up a pay check or for adding or dropping a class with the Registrar, as well as checking out material from the Library. Especially essential if you have a meal plan since your ID will double as a meal card.

How do I get my student ID card?

Go to the Information Desk in the Werner University Center and tell them that you have not yet gotten your ID card and need to get one. Your first ID is free of charge, after that each replacement card \$15. Remember to be ready to have your picture taken.

Is there a Health Center available to students on campus?

Yes. The Student Health & Counseling Center is conveniently located on Monmouth Avenue across from the Hamersly Library. It is staffed with licensed medical staff, professional counselors, and the health staff. Medications are not available on-site; you will need to go to a local pharmacy to fill your prescriptions.

Is there an ATM on campus?

Yes. There are two ATMs located in the Werner University Center's first floor. One is a credit union and the other is U.S. Bank.

Where is the REC center?

Western has the Peter Courtney Health and Wellness Center (HWC) for WOU students. The Wolverton Pool is on the south side of the HWC. The HWC has an indoor track, spinning and cardio equipment, a climbing wall, and many other workout amenities. Campus Recreation typically provides an Outdoor Program day trip each term. Online information: <http://www.wou.edu/campusrec/programs/outdoor/> The NSE Coordinator will provide more information about the Outdoor Program trips at the NSE orientation.

How To Dress:

It is best to be prepared for all types of weather in the Willamette Valley. In the winter you can see most people bundled up with jeans, boots or tennis shoes, long sleeve shirts, heavy jackets, beanies, and scarves. Though, it is common to see students in shorts and flip flops on a rainy day. It is also wise to carry an umbrella because it is not uncommon for it to start raining on and off. In the fall, spring or summer short sleeve shirts, light jackets, shorts, capris, flip flops or sandals, and tank tops are all suitable to wear.

Is there a bus stop next to campus?

There is a Cherriots Regional stop on campus. Cherriots Regional is a local bus transportation to Dallas, Independence and Salem. All routes run Monday through Friday except on Holidays — Route 40. WOLF Ride is also available; free to WOU students who need to get places in Monmouth and Independence between 5pm-12am Monday thru Sunday. Call 503-428-7238 to request a ride (first-come, first served). Complete program information is available at wou.edu/wolfride

I'm interested in getting involved on-campus. Where can I find out about clubs and organizations?

You can find information about clubs here on campus in your WOU Portal under OrgSync, which is a green tile at the top. For information on activities and organizations on campus contact the Student Engagement department at 503-838-8261 or visit their website at: wou.edu/student-engagement. Additionally, the Residence Hall Association (RHA) has information about on campus activities; contact their office at 503-838-8561, or visit their website at: wou.edu/rha/. The RHA office is located in the South Sister Annex - below the Valsetz Dining Hall. For involvement in other campus opportunities, contact the Associated Students of Western Oregon University (ASWOU/student government) office at 503-838-8553 or visit their office on the lower level of the WUC. For information on involvement within your on-campus living community, contact your Resident Assistant. Note: detail club and organization information is available in OrgSync.

How do I get my text books?

You may preorder your textbooks from the WOU Wolf Store at: <http://books.wou.edu/home.aspx>. You then simply pick them up during the first week of classes. Additionally, you can find out which text books are required for your classes using their search engine.

During the first two weeks of the term the ASWOU Book Exchange will also be open. This is a student government operated book exchange where students buy and sell their used textbooks. All books are listed online in the WOU Portal, Book Exchange tab. You can search for a book by the ISBN number.

Can I get a job on campus?

Yes. There are many opportunities for students to work on campus. There are both work study and non-work study jobs. The Service Learning and Career Development office has an online job posting called WolfLink (<http://www.wou.edu/slcd/>) and is available in your WOU Portal.

Do I need a parking permit to park on campus?

- Yes, all WOU parking lots require a parking permit.
- **Where do I get my parking permit?**

You can find information about parking permits in your WOU Portal under Wolf Web.

Rates for parking permits are available at: <http://www.wou.edu/safety/parking-services/decals-permits-and-fees/>.

NOTE: Residential students requesting to have their permit mailed to them can have their permit mailed to their **CAMPUS** address. Residential students requesting "to pick up" their permit may do so the next business day at the Campus Public Safety Office (valid photo ID must be shown when picking up your permit). More information is available at <http://www.wou.edu/safety/parking-services/decals-permits-and-fees/>

Monmouth, OR

Are things in Oregon more expensive?

I suppose it may depend on what and where you purchase. However, one thing to keep in mind is that Oregon does not have a sales tax!

Where can I get groceries?

There are a couple different places to purchase food items. In Monmouth there is Monmouth Market & Deli and a Bi-Mart where you could purchase non-perishables. Independence has several grocery stores; the two largest are Ware-Mart (owned by Winco) and Roth's. There is also a Safeway and a Wal-Mart in Dallas (about 10 miles from campus).

Is a bike a reasonable form of transportation?

Yes. Many of our students have bikes; however, you need to be prepared for any type of weather. Bring a good lock with your bike.

What national banks are there in Monmouth?

There is a U.S. Bank located within walking distance of campus, as well as Maps Credit Union and Columbia Bank. There are several other banks in Monmouth and Independence as well.

Are there a variety of restaurants in Monmouth?

Yes, from Chinese food to Mexican food, to coffee shops and pizza shops. There are many locally based restaurants within walking-distance from campus as well as recognized fast-food chains.

Advising and Registration

How long do I have to change my class schedule?

See the academic calendar for detail information at:

<http://www.wou.edu/registrar/calendars/academic-calendar/>

How do I access the final exam schedule?

Professors generally have the final date and time on the syllabus, but the overall final exam schedule can be accessed at: <http://www.wou.edu/registrar/calendars/final-exam-schedule/>

Where is the advising office located on campus?

The Student Success & Advising office is located on Church Street in the Advising Center, located next to Todd Hall.

How would I get a copy of my transcripts?

Unofficial transcripts may be accessed via your student account online (Wolf Web). Official transcripts may be requested through the Registrar's office. The request form can be located at: <http://www.wou.edu/registrar/forms/>. The NSE office will pay for one official transcript from WOU to be sent to your home university; contact the NSE coordinator—your written/signed permission is required.

Is there a list of available classes online that I can access?

Yes, you can find class availability at:

http://www2.wou.edu/nora/registration.student.get_selection. Typically, class offerings for the following term is available week six of the current term.

Is there an Add/Drop period for classes at the start of the term?

Yes. There is a period to add or drop a class free of charge: the first week of classes. After that, there are different charges and terms for adding and dropping after certain time periods. More information can be found on their webpage: <http://www.wou.edu/registrar/calendars/academic-calendar/>

NOTE: The NSE Coordinator must assist you if you register for any class(es) that has a pre-requisite.

Tuition and Fees

Can I pay my tuition and fees online?

Yes. You can go into you WOU Portal and under Wolf Web you will click on Student Menu at the top. Then you will click on Student Records and under that link you will click on Account Summary by Term / Account Payment / Deferment.

If I am late on my payment what will be the consequence?

Late fees start at 5:00pm on Friday of the first week of classes. For more information please visit: <http://www.wou.edu/registrar/calendars/academic-calendar/>

Can I view my bill online to see what I am being charged for?

Yes. There should be specific details on what each fee was, and if there is anything unclear you can call or visit the cashiers office to ask them why something is on there or what it is for. This information can be viewed by using your Wolf Web account.

Orientation

Is there an orientation for NSE students?

Yes. An email invitation will be sent from the WOU NSE Coordinator. **The orientation is mandatory.** This will happen during the first week of classes.

Will there be a tour of Western's campus that I can attend?

Yes. There are many different campus tours offered. If you are not able to go to any during New Student Week (orientation in Sept.), there are daily tours you can participate in at the Admissions Office in the ASPC building. More information regarding campus tours can be found at <http://www.wou.edu/admissions/visit/>

WOU Facts

Class sizes: Average student-to-faculty ratio of 14:1. All classes are taught by professors. Average class size is 19.

Student Body Diversity: Male/Female ratio is 38:62; approximately 77% of students are Oregon residents; approximately 27% students of color, 6% international students.

Traditional WOU events: A few examples:

- Homecoming in October
- Holiday Tree Lighting ceremony of 123-foot Giant Sequoia the Friday after Thanksgiving.
- Martin Luther King Jr. Celebration week in January.
- Annual Pow Wow in April.
- Triangle Alliance Drag Show in April.
- International Night program in April.
- Hawaiian Club Luau - Hawaii Club sponsored program in May.
- Annual Nuestra Fiesta Latina in May

School Colors: Crimson Red and White, with accent colors of silver and black.

University History: The founders, members of the Disciples of Christ Church, donated land and money to begin the town and school. Monmouth University, chartered on Jan. 18, 1856, opened with 35 to 40 students in a small wooden building. From these modest beginnings, Western Oregon University has expanded from a private institution to a state-supported liberal arts university with 38 buildings and more than 6,000 students. It is the oldest public institution on the west coast. By 1981, the university had broadened its academic mission to include a full range of humanities, social sciences, natural sciences, and creative arts courses.

Campus history is all around you. Look for markers around campus that point to events, people and classes from the past. Look at Campbell Hall, the oldest building on a public university campus in Oregon, and the library to see the paintings of the father and son presidents whom Campbell Hall was named.

The school mascot is a wolf who goes by Wolfie. You can see Wolfie at sporting events and on campus wearing Western's colors. We have no story to explain why in November 1928 the football team became the Wolves; only an article in a 1934 school paper identifying former football coach Larry Wolfe as the man whose name is behind the mascot.

Things to see and do in Oregon

Western is 20 miles from the state capital, Salem, and a little more than an hour from Portland and Eugene. WOU is a short drive to the Oregon Coast, the Cascade Mountain range, and many other scenic areas of Oregon.

The following links are not affiliated with Western Oregon University.

The university should not be held responsible for the accuracy of the content of the following web sites. Individuals participating in any outdoor activity need to be fully aware of the inherent risks which may be associated with that activity. Care must also be taken to plan for sudden changes in weather and conditions. Extra clothing and food is always recommended.

Statewide resources

Oregon Department of Transportation Web cams & Road conditions

<http://www.tripcheck.com/Pages/RCmap.asp?curRegion=0&mainNav=RoadConditions>

National Forests of Oregon and Washington:

https://www.fs.usda.gov/detail/r6/home/?cid=fsbdev2_026675

Willamette National Forest trip planning map: <https://www.fs.usda.gov/main/willamette/maps-pubs>

Oregon Department of Fish and Wildlife recreation report: <https://myodfw.com/recreation-report>

Special interest areas in Oregon

Oregon seven wonders (Columbia River, Crater Lake, Oregon Coast, Mt. Hood, Painted Hills, Smith Rock, The Wallowas):

<https://traveloregon.com/things-to-do/trip-ideas/7-wonders/>

The Beach

Oregon Dunes National Recreation Area

<http://visittheoregoncoast.com/>

Bicycling: mountain

Black Rock Free Ride association: Free ride trails in Falls City near campus

<http://www.single-serving.com/USA/OR/trail.php>

Mountain Bike review/Oregon trails: <https://www.mtbr.com/trails/united-states/oregon.html>

Bicycling: road

The Salem Bicycle Club: <https://www.salembicycleclub.org/index.plx>

Canoe, Kayaking and Boating

Oregon Kayak and Canoe club:

<http://www.gonorthwest.com/nw/Activities/kayaking/seakayaking.htm>

Hiking

Field Guide, Find a Hike

https://www.oregonhikers.org/field_guide/Main_Page

Rock climbing

Oregon rock climbing: <http://www.oregonhiking.com/#clim>

Skiing/Snowboarding

Oregon Ski Central: <http://www.skicentral.com/oregon.html>

Hoodoo Ski area: <https://skihoodoo.com/>

Mt Hood Ski Bowl and Timberline Lodge ski areas: <http://www.timberlinelodge.com/>

Mt Bachelor: <https://www.mtbachelor.com/>

<http://oncwillamette.org/>

Wind surfing

Oregon.com wind surfing: <http://www.oregon.com/recreation/windsurfspots.cfm>