Freshman Studies

Freshman Studies is responsible for creating an engaging transition experience for first-time new and transfer students attending Hampton University. Our staff is excited to partner with you in providing the co-curricular and personal support necessary for your student to achieve success while attending Hampton University. We provide a full menu of academic support services to all new first-time collegiates, with one main objective in mind, to help Freshmen become Sophomores. Listed below are just a few seminars that new students are required to attend. Also, as we encourage students to strive for academic excellence we encourage them to get to know their professors at Hampton. Hampton professors have office hours during which they are available to talk to students outside of the classroom. If your student needs help with Academics, there is someone on campus that he or she can go to for help.

For information about Academic support, please visit The Office of Freshman Studies, located in the Student Center, second floor, Rm. 206.

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Freshman Plenary Seminars:

Monday’s  Fall Semester @ 2pm Ogden Hall

- Traditions and History of Excellence
- The Clock is Ticking: “Time Management”
- Goal Setting, Motivation and Charter
- Academic Excellence at Hampton University
- Society for Financial Education & Professional

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Hampton University Parents and Families,

Fall is upon us and the semester is well underway. I hope each of you had a wonderful summer break, relaxing, vacationing and preparing for another fantastic school year.

The Student Affairs Division is proud to provide a newsletter especially prepared with our Hampton University parents and families in mind. Our goal is to acquaint you with the campus community so you may stay connected and continue to partner with the University in educating your student.

Homecoming week is October 9 -15, 2016. An itinerary for the week is included in the newsletter. The Pirates plan to beat the Morgan State Bears on Saturday, October 15th at 2:00 p.m. in Armstrong Stadium. I encourage your attendance and full participation. Come and enjoy some time at your “Home by the Sea” for fun and camaraderie.

We continue to encourage you to follow up with your student regularly and inquire about his/her participation in activities outside of the classroom. As the year progresses, we intend to provide you with worthwhile information so you may be kept in the loop. Please visit the Division of Student Affairs website at http://dsa.hamptonu.edu/ and if you are ever on campus, come to visit the office, which is located in the Wigwam Building Room 100. I may also be reached via email at deansofstudents@hamptonu.edu and by telephone at 757.727.5264.

Hampton Hugs,
Vice President for Administrative Services

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Hampton Hugs,
Vice President for Administrative Services
Residence hall programs continue to be fun and educational. Typical fun activities include game nights, activities to expand the sense of community, and birthday celebrations. One of the educational seminars, that is also fun, continues to be “Club Bottoms Up.” Each fall, Moton Hall hosts a mock club night focusing on having a party with non-alcoholic beverages. This activity reinforces the University’s zero tolerance stance regarding the use of alcohol. “Defining the Hampton Woman”, a documentary produced by a 2014 Hampton University student, will be viewed and discussed in all freshmen female residence halls to showcase a perceived profile of the Hampton woman. Discussions regarding the Hampton man will take place in the male facilities.

Reminders

Reminder – Residence Halls do not close during the Thanksgiving Break (November 23 thru November 27, 2016). While many students will take the opportunity to leave the campus and visit family and friends, some students remain and enjoy the solitude of the campus environment.

Reminder – Residence Halls CLOSE at the end of the fall semester for the winter break. Students are expected to vacate the campus within forty-eight hours (48) after their last final examination. Otherwise, the campus residence halls will officially close at 12 Noon on Monday, December 19, 2016. Students do not have to take all of their belongings with them, but are encouraged to secure valuables and to use the secure storage provided by the university for electronic equipment. Specific guidelines for this process will be distributed to residential students.

Hampton Harbors Apartments: Students living in the University-provided Hampton Harbor Apartments will be given specific instructions for their belongings and relocation. All residents must remove all belongings in December, however, in accordance with information to be supplied by the Deans.

Spring Semester – Residence Halls will open for the Spring semester on Tuesday, January 10, 2017.

Testing Begins September 19, 2016

CLEP testing DEADLINE for HU GRADUATING SENIORS is Thursday November 17, 2016 for December graduates and Thursday April 6, 2017 for May candidates. Testing deadline for all other students is Thursday December 8, 2016 for fall semester and Thursday April 20, 2017 for the spring semester.

All CLEP exams must be scheduled in advance by phone at 757-727-5493 or in person with the Office of Testing Services in the Assessment Center, Armstrong-Slater Building. All exams are computer based. The reservation fee, which reserves an exam slot, is $20.00, non-refundable and payable in cash only to Testing Services. CLEP exams are available on Tuesday, Wednesday and Thursday by appointment only. Our office requires a 24-hour notice for any changes in exam date or time. Each exam is 1 hour and 30 minutes with the exception of the College Composition exam which is 2 hours.

College Board policy states there is a 3-month waiting period before a failed exam can be retaken. Other CLEP exams may be taken within the 3-month waiting period.
A Career Development Guide for Parents

Being the parent of a college student can have its challenges and you may not know how much involvement is enough when it affects your student’s decision-making abilities. While the student must develop his or her own career plan, the action items in this guide will enable you to support your student from freshman through the senior years as he or she adjusts to college and life after graduation.

Freshman Year

- Encourage the student to come to the Career Center early in the semester for assistance.
- Listen to your student even when his or her choices are not what you would choose.
- Do not choose the major for your student. Support your student’s exploration in the different fields of study until he or she makes a career choice.
- Encourage your student to get advice from his or her professors and academic advisors in the major of interest.
- Encourage your student to get involved in campus activities.
- Have conversations with your student about what is important to him or her.
- Urge your student to be sure about his or her major so that time and money won’t be lost in changing disciplines.
- Urge your student to balance studies, social life and community service.
- Urge your student to come to the Career Center for the Sigi3 self-assessment. A self-assessment is the process of taking an inventory of one’s likes, dislikes, personal characteristics, values, wants and needs. The assessment will help your student determine his or her assets, skills, abilities, talents, personality, values, strengths and weaknesses.
- Urge your student to clean up his or her social media site.
- Encourage your student to explore an internship.

Sophomore Year

By the second year of college, the student must declare a major. Study must now be directed toward the career the student thinks he or she wants. Even in the second year, the student may need assistance with making a career choice. Parents may do the following:

- Urge your student to come to the Career Center for career counseling regularly.
- Don’t be alarmed if your student’s choice is not the highest paying job possibility that you want.
- Encourage your student to talk to his or her academic advisor about the major.
- Introduce your student to friends, family and colleagues who may have the same interests as your son or daughter and encourage an informational interview. Also, the student may do some job shadowing.
- Encourage your student to get a mentor; starting with the Alumni Mentoring Program on campus.

During the sophomore year, your student may experience difference career options by working in that field for pay and academic credit. He or she may get the experiences through internship and cooperative education, volunteering or a summer job. Parents may assist in the following ways:

- Urge your student to use the resources at the Career Center for internships and cooperative educational experiences. He or she should meet with the Internship Coordinator in the Career Center. Career Center staff will help with resume writing, cover letters, interviewing, dining, networking and dressing for success.
• Help your student by exposing him or her to learning outside the classroom through travel abroad, fine dining, museums and community service.
• Encourage your student to find the internships through contacts you may provide, but do not speak for your student.

**Junior Year**
The junior year requires more advance courses in the student’s major. This is the time to look at graduate schools if the career dictates further study. The student will engage in interviewing and working summer internships or jobs. The volunteer activities become more important and the student may become more anxious. Parents may assist in the following ways:

• Encourage your student to use the career center to update his or her resume.
• Encourage your student to attend the workshops that will provide information on networking, resume writing, dining and interviewing.
• Practice interviews are available at the Career Center.
• Encourage your student to seek a summer internship.
• Remind the student to attend the company information sessions and career fairs.
• Do not nag your student about having a job lined up at this point. Encourage him or her to visit the Job Developer Office in the Career Center.
• Do not call companies to intervene for your student; that is the student’s responsibility.
• Be encouraging when the student has some disappointments. He or she will need some reassurances from you.
• Encourage your student to clean up any social media sites he or she may have.
• Be free with your praises for his or her accomplishments.
• Work experience and extracurricular activities weigh heavily with employers.

*Ready for the real world!*  

**Senior Year**

• Encourage your senior to continue to attend career fairs.
• The student should visit the Career Center to update his or her resume.
• The student should attend company-sponsored information sessions.
• The student should register for and schedule interview appointments.
• Assist your students with developing an employer list with contact names and addresses from your contacts.
• Urge your student to visit the Career Center for practice interviewing.
• If your student is going to graduate school, school entrance exams and applications must be completed.
• Assist your student with building a professional wardrobe.
• Your student should be researching potential employers and talking to recent graduates.
• Assist your student with networking with your family, friends and acquaintances to let them know that he or she is looking for employment.
• Urge your student to research salaries in his or her industry of interest.
• Realize that your student will be very anxious and will feel a range of emotions.

Your college student must know that you are there for him or her and that the Hampton University Career Center will continue to assist. Your part in your son or daughter’s life is vitally important to the success of his or her career development process. If you have questions, call us at: 757-727-4331 or email us at: careercenter@hamptonu.edu.
The Student Counseling Center has begun to integrate Health and Wellness into our daily practice. Students often endure sleep deprivation; consume excessive caffeine, lack exercise and nutrients in order to meet the demands of being a college student. The above mentioned behaviors make students susceptible to stress, anxiety, depression and lack of concentration. Through Health and Wellness integrative practices, students are encouraged to:

- Sleep at least 6 hours nightly
- Limit caffeinated beverages
- Engage in cardio exercises for 20 minutes at least 3 times weekly
- Eat three well-balanced meals daily

In addition to those practices, students are taught Mind-Body skills to reduce the effects of stress and other life challenges that may arise from being a college student. Along with the focus on Health and Wellness, the Student Counseling Center is also committed to campus-wide prevention, education and outreach this upcoming school year.

The Counseling Center has become an active partner in building relations between the Hampton University Police Department and the student body. This partnership has included conflict resolution and de-escalation techniques. We have also participated in training the Resident Assistants for the upcoming year. We will continue with an ongoing partnership with Residence Life and the Hampton University Police Department. In addition, we enjoyed meeting with freshmen parents for the “Letting go” workshops during NSO Week.

We are in our third year of the Office for Violence against Women (OVW) grant, an educational and prevention based program designed to increase awareness on violence against women. Wellness Wednesdays Workshops will begin this month under the leadership of the Peer Counselors in an effort to continue our focus on prevention, education and outreach. There will be a new theme each month.

Please encourage your student to make an appointment with us sooner rather than later when they are struggling with emotional distress.

Ms. Valerie Green, Director
Student Counseling Center—2nd Floor Armstrong Slater
“HELPING UNDERGRADUATES EXCEL AT OUR HOME BY THE SEA”

Student Support Services (SSS), a federal TRIO Program funded through the U. S. Department of Education (DOE) to increase the retention and graduation rates of eligible students, has been an integral part of the Hampton University community for over 40 years. Members of our program have access to free tutoring, educational and personal counseling, grant aid, graduate and professional school tours, Financial Literacy initiatives, and social and cultural excursions designed to help them successfully navigate their transition to Hampton University.

ELIGIBILITY REQUIREMENTS

To qualify for participation in the program, an applicant must be a citizen or permanent resident enrolled at Hampton University, and meet ONE OR MORE of the following requirements established by the DOE:

- The student’s family’s TAXABLE income for the preceding year did not exceed 150% of the federal poverty level amount.
- The student is a first-generation college student (neither residential parent nor legal guardian has earned a bachelor’s degree).
- The student has a documented physical or learning disability.

NEW PROGRAM SERVICES

Throughout the year, S3 partners with our outstanding faculty and staff to optimize student achievement through a series of academic support services and a comprehensive set of life-skills workshops and social functions. Our staff coordinates to identify academic, financial, or social impediments to optimal student achievement and implement targeted interventions catered to students’ particular strengths. This Fall, we are researching supplemental instruction initiatives and will pilot an SI program during the Spring semester. Coupled with our Tutorial Center and Peer Mentor Program, we anticipate that Supplemental Instruction will contribute to increased retention and graduation rates among our program participants.

DEAN’S LIST RECIPIENTS

We are proud to announce that, per our most recent Annual Performance Report (APR), over 54% of active program participants have made the Dean’s List. Ninety-six percent (96%) of all participants served by the SSS project have met the performance level required to stay in good academic standing at Hampton University. In addition, eighty-six percent (86%) of the students that we served either graduated or re-enrolled in the university for the Fall semester. Additionally, 67% of the students in the 2009-10 cohort year have graduated from the University to date.

We applaud their on-going efforts to excel in the classroom. Please encourage your student to update early in the Fall semester so that we can ensure that they have everything that they need to be successful.
THE TUTORING CENTER

Student Support Services participants receive free tutoring Monday—Thursday from 8:00 a.m.—7:00 p.m. and Friday from 8:00 a.m.—5:00 p.m. Please encourage your student to sign up for tutoring BEFORE Mid-Term Exams and to consistently attend their weekly tutoring sessions. Program participants can sign up for tutoring through the $^3$ website or in the $^3$ office, located in 101 Armstrong-Slater.

FALL 2016 CULTURAL & EDUCATIONAL SUPPORT SEMINARS

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<tr>
<th>Date</th>
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<tr>
<td>08/23/16</td>
<td>Navigating the College Transition Workshop</td>
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<td>09/28/16</td>
<td>Fall Career Fair</td>
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<td>09/29/16</td>
<td>Tutor Training</td>
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<td>10/20/16</td>
<td>Peer Mentor/Advisory Board Meet &amp; Greet</td>
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<td>10/20/16</td>
<td>Graduate &amp; Professional Schools Day</td>
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<td>Financial Literacy Workshop</td>
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<td>11/05/16</td>
<td>Financial Aid Seminar</td>
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<td>11/30/16</td>
<td>Stress Management Workshop</td>
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<td>12/10/16</td>
<td>Holiday Cheer @ Dave &amp; Busters</td>
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DON’T MISS THE 2017 GRADUATE & PROFESSIONAL SCHOOL TOUR

Encourage your student to sign up for the Graduate and Professional Schools Tour, to be held Spring 2017. This year’s tour is tentatively scheduled to visit the University of Baltimore’s School of Law, the Johns Hopkins University School of Medicine, Morgan State University’s School of Graduate Studies, and the University of Maryland Baltimore County’s School of Engineering and Information Technology. The entire event is free, to include transportation and meals, but students will need to RSVP in the $^3$ office no later than November 28th.

Contact us by phone at 757-727-5611 or email:
- Director: mikael.davis@hamptonu.edu
- Tutor Coordinator: michelle.pritchett@hamptonu.edu
- Admin: sylvia.jackson@hamptonu.edu
- Graduate Asst: maya.moore@my.hamptonu.edu
- Graduate Asst: osaigbovo.okpamen@my.hamptonu.edu
The Office of Intramural Sports Program is a department within Student Affairs. Intramural Sports is comprised of the program areas of Intramurals Sports, Sports Clubs and Fitness and Wellness. This office provides programs designed to fulfill the fitness and recreational needs of the university’s community. This is achieved by offering an array of intramural team programs designed to meet the competitive and recreational nature. Programs include traditional and nontraditional team sports. Teams are organized by students but individuals may also join through a free agent program. To be eligible to participate in the intramural program, students (undergraduate and graduate) must be currently enrolled at Hampton University.

All intramural participants are required to create an account on IMLeagues. Go to www.imleagues.com and click create account. Enter your information and use your school email (@my.hamptonu.edu) and submit. You will be sent an activation email, click the link in the email to login and activate your IMLeagues account. Now you are ready to start enjoying all that the Intramural Sports Program has to offer.

The Office of Intramural Sports Program staff will offer a wide variety of sports and recreational opportunities that will both support and enrich the campus life environment. Typical Intramural Sport Programs include the following: Basketball, Billiards, Bowling, Dodge Ball, Flag Football, Futsal (Indoor Soccer), Mixxed Fit, Powder Puff Football, Women Lacrosse, Men Soccer, Spade Tournaments, Volleyball, Wii Tournaments, Fitness and Wellness. One of the program goals for this department is to present information to participants that will empower them to learn and to practice lifelong fitness, good nutrition and health habits or to maintain healthy lifestyles that they have already established.

The Office of Intramural Sports Program employs students to assist with the operation of the program. Through employment, students receive first hand managerial experience and transferable skills that can be applied to “real world” challenges. Intramural sports employment opportunities are positions of leadership, which enhance the students’ social experiences and contribute to the University’s reputation as a pioneer in programming for student leadership and development.

Mr. Clyde R. Etter  
Office of Intramural Sports Program  
Room 212, Student Center  
(757) 637-2320 (O)  
(757) 637-3119 (F)
The Office of Student Activities is located in the Student Center on the first floor. The Office of Student Activities is responsible for planning activities and programs for the University community and coordinating the co-curricular activities of the students. This office follows University procedures for maintaining an effective program, including: (a) providing information for students interested in joining campus organizations; (b) assisting all student organizations in planning activities, meetings and projects; (c) planning and developing student leadership workshops; (d) updating the Student Activities online Calendar of Events; and (e) assisting students in scheduling events, and securing facilities.

Office hours are Monday – Friday from 8:00 a.m. to 5:00 p.m. The Office of Student Activities serves as advisors to the Student Union Board, Class Officers, Student Government Association (SGA), The Dr. Greer Dawson Wilson Student Leadership Program, Pan Hellenic Council, as well as overseeing all student clubs and organizations.

The purpose of the Pep Squad is to promote school spirit, render support to the cheerleaders, actively participate in athletic activities through routines, and perform half-time programs during the basketball season. Any student who is interested in showing Pirate Pride may join.

The Dr. Greer Dawson Wilson Student Leadership Program has three main purposes: (1) to provide leadership training to students in the program, (2) to orientate freshman students to Hampton University, (3) to offer service to the Hampton University community whether it is ushering or the presence of Student Leaders at a University event or a service project.

The Student Union Board is composed of student representatives from the residence halls and the commuting student population. The Board’s purpose is to plan activities and programs for the University community. This group also assumes responsibilities for assisting with the operational functions of the Student Center in building supervision and application of building policies.

**BUILDING HOURS**

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Anzell Harrell Jr., Director
Office of Student Activities
1st Floor, Student Center
(757) 727-5691 (O)
(757) 637-2124 (F)
Studentactivities@hamptonu.edu
Hampton University’s TRIO Talent Search Program (TS) brings you greetings from our “Home by the Sea.” As one of eight types of Federal TRIO programs sponsored nationally, we are proud to be a part of the HU family where we have assisted thousands of students for over 40 years. We invite your students to come aboard as mentors, tutors, or office assistants as we support and steer our middle and high school participants towards high school graduation and enrollment into postsecondary programs of their choice. The aim of TRIO Talent Search is to expose first generation and low income students to the many options they have in life and help them map their destination to success.

We offer a variety of resources and opportunities for academic enrichment including: tutoring, mentoring, SAT/ACT Prep, college and career tours, and fee waivers for the SAT/ACT and college applications. All TRIO Talent Search activities are free to participants. Some of our past career and college tours include, Morgan State, University of North Carolina at Chapel Hill, Princeton University, Delaware State, Howard University, Georgetown University, the Monticello, the Baltimore Aquarium, Jefferson Labs, the Williamsburg Dinner Theater, and the Black College Expo, just to name a few. Hampton University, our host institution, remains a favorite tour for our high school students, as they learn more about HU and cheer on the Hampton Pirates.

The most significant impact HU students have on our young participants is through tutoring and mentoring. HU students are our best advocates for inspiring and informing participants to work to achieve academic success. Our three mentoring groups, Rose Petals, Boys2Men and Emerging Youth Leaders (EYL), provide an excellent opportunity for HU students to leave a lasting impression on middle and high school students from our surrounding communities. It is an experience that has been shown to benefit both mentor and mentee. As fall classes and studies get underway, we hope you will encourage your HU student to consider being a tutor or mentor with TRIO Talent Search. We look forward to seeing you at some of HU’s spirited activities in the coming months. Here’s wishing you and your students a productive and fulfilling school year.
Along with the mission of promoting retention by advising upper class students who may be undecided, transfer student with 30+ credit hours, or on academic probation; the Assessment Center provides FREE tutorial services to students at the Harvey Library (5th Floor) in the Electronic Classroom. Services provided for the following subjects:

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Tutoring is provided on a first come, first served basis.

(757) 727-5913
ActNow.HamptonU@gmail.com

Operating Hours:
Monday-Thursday: 6pm-10pm, Saturday: 10am-2pm, Sunday: 4pm-10pm

To request tutorial services, students are to visit the Assessment Center Office located in the Armstrong-Slater

Upcoming Event:

HU Fusion
Transfer Student Meet and Greet
September 21st at 6pm
Meeting room, Harvey Library
Welcome to the Health Center!
(55 East Tyler Street (located across the street from the Harvey Library)

Zika Virus Protection: Use daily insect repellent and wear long sleeves and pants during dawn & dusk!

Hours

Monday-Friday
8:00 a.m. – 5:00 p.m.
During academic and summer sessions

Health Services

A current, validated student ID is required at the time of the visit. We provide basic outpatient services to include routine care of colds/flu, sore throats, urinary tract infections, upset stomachs, minor sprains or injuries, sexually transmitted infection screening, family planning, PPD screenings, specialist referrals, health education, laboratory services and radiology services by mobile unit usually within 24-48 hours. Students taking behavioral and specialist prescriptions may have their provider send or transfer those prescriptions to Hampton Health Mart Pharmacy for free, same day delivery on campus. Call 757-864-0380 for more information.

Billing Information

There is no co-pay or fee to see a medical provider. However, CHARGES occur for laboratory testing like a strep test for a sore throat, prescriptions or other services. Payment is required at the time of services for in-house charges. Options for payment are Pirate Power, Credit Cards (Visa/MC, Discover, AMEX), or charges may be billed to the Student Account. We do not bill your health insurance. A WALK OUT STATEMENT is provided at Check Out that can be used to submit a claim for health insurance reimbursement.

Students must have a copy of the front and back of his/her health insurance card should prescriptions, referral lab services, radiology services or referral to a specialist be required.

Emergency call 727-5666 for campus police to dispatch EMS

On Call Nurse after hours and weekends to answer questions and concerns, call 727-5259

Flu Shot Clinic
October 25, 2016
Introducing our headliner: Morgan James. James took on the role of vocal wonder Teena Marie in the Broadway hit “Motown: The Musical” and now all of Hampton Roads is invited to experience her compelling performance.

**Headliner**

**MORGAN JAMES**

A Masquerade Party  
With a Purpose

The entertainment will be hotter than HOT at this year’s Gala supporting cancer patients in need of treatment provided by the Hampton University Proton Therapy Institute.

Click the image to hear just how great she is!

And, when it’s time to hit the floor and dance ‘til you drop The Secret Society will make it impossible to sit down.

The Secret Society

Click the image to hear just how great they sound!

For more information, contact the Office of Development at (757) 728-4012 or galaofhope@hamptonu.edu