

# CAMPUS RECREATION AT ELMHURST

CAMPUS RECREATION STRIVES TO ENHANCE THE EXPERIENCE OF A DIVERSE STUDENT BODY BY ENCOURAGING AN ACTIVE, HEALTHY AND BALANCED LIFESTYLE THROUGH ENGAGEMENT IN OUR RECREATIONAL FACILITIES, PROGRAMS AND SERVICES

## Tyrrell Fitness Center

Elmhurst's two-story Fitness Center houses state-of-the-art facilities for weight training and physical fitness, and it's available to all Elmhurst students.

## Intramural Sports

Intramurals are an opportunity to get active, have fun and meet some like-minded friends. You can form a team and join an Intramural league with weekly matches. Or, if you don't want to commit to a season of play, you can opt to participate in our monthly tournaments. Past sports include basketball, volleyball, soccer, and others!

## Group Fitness Classes

Tired of making your own workout plans? Join Campus Recreation and our certified fitness instructor for weekly group fitness classes! Past classes include Zumba, Yoga, HITT and other formats!

## Outdoor Adventure Trips

Gather your friends and come explore outside with Campus Recreation! Past trips include white water rafting, kayaking the Chicago River, and tubing in the winter! Trips are added each semester so come join us on our next adventure!



Steven Karasewski serves as the Coordinator for Campus Recreation on campus. He oversees the fitness center, Intramural program, Group Fitness classes, and Outdoor Adventure Trips. If you have any questions about Campus Recreation programming, you can reach Steven at:

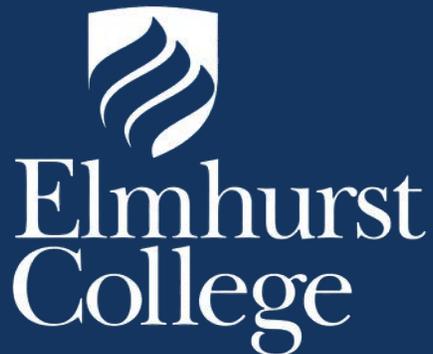
- [steven.karasewski@elmhurst.edu](mailto:steven.karasewski@elmhurst.edu)
- 630-617-5794

# PARKING

# AND

# TRANSPORTATION

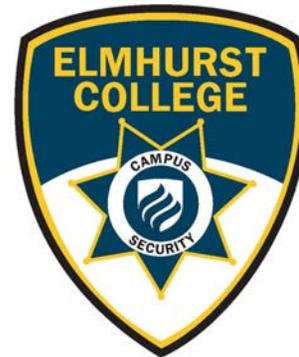
# GUIDELINES



For full policies, regulations, maps, and other resources visit:

[elmhurst.edu/security](http://elmhurst.edu/security)

or reference the Student Handbook.



## CONTACT

Office of Campus Security  
Lower Level-Lehmann Hall

**Phone:** 630-617-3000  
**Email:** security@elmhurst.edu

# POLICY

Parking in College-owned or leased lots is provided primarily for employees on College business and currently enrolled students. First-year resident students are not permitted to register a vehicle or park in any Elmhurst College owned or leased parking lots.

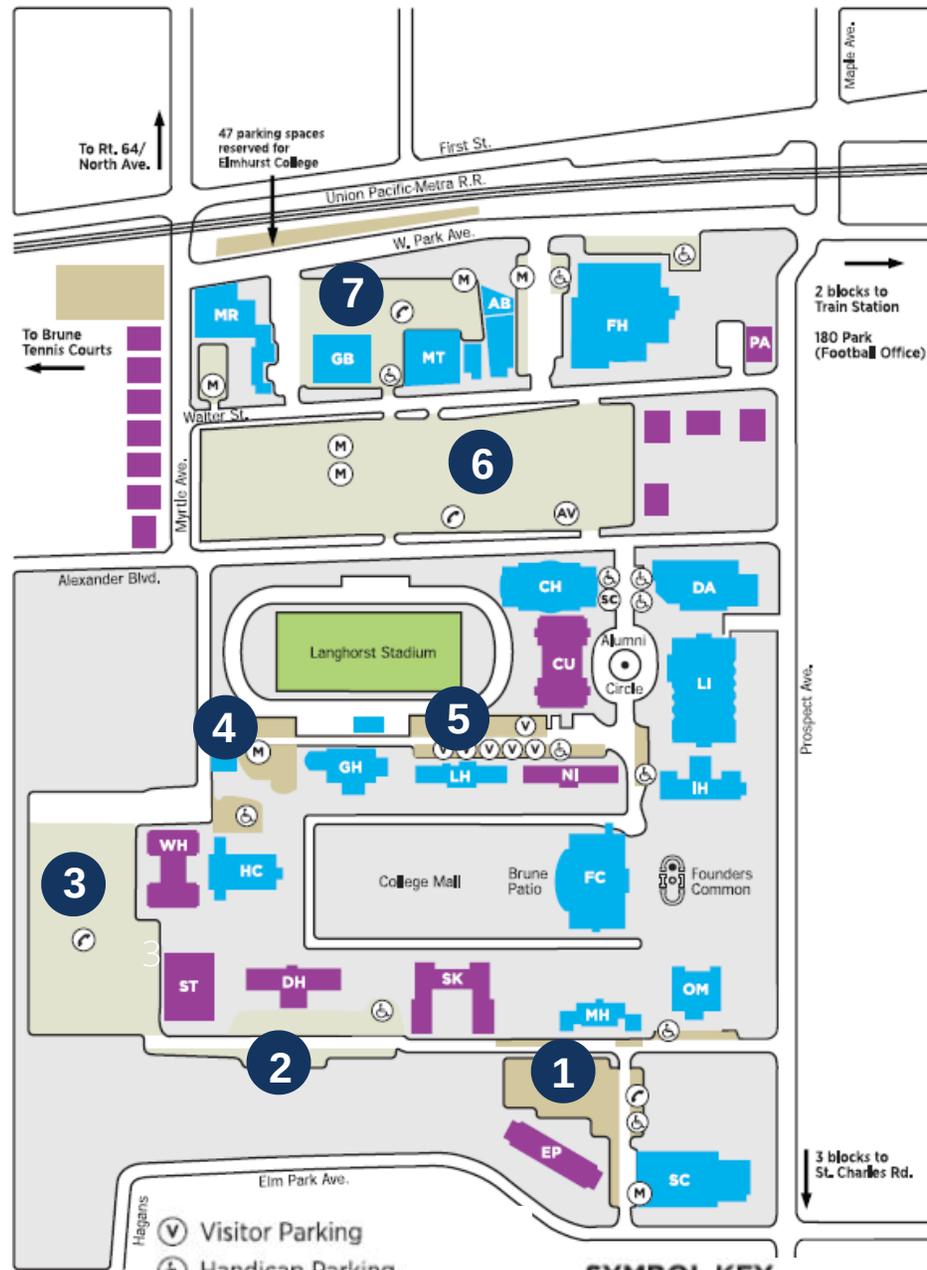
Written requests for an exception to this policy may be directed to Campus Security, and must demonstrate a significant and continuing hardship caused by the policy. All visitors must park in designated visitor parking spots. Any visitor parking elsewhere on campus or overnight must obtain a temporary parking hang tag from Campus Security.

No lot is reserved for any specific campus constituency. Faculty, students, and staff may park in any campus lot or College leased lot. The College leases two remote parking areas at local churches approximately one block east of campus. Designated spaces in these lots are available to vehicles displaying the College's parking sticker during the hours of 6 a.m.-6 p.m.

Storage of vehicles on campus while the driver is not present on campus or away on campus-related business is prohibited. Overnight parking is restricted to vehicles bearing a resident parking permit, unless arrangements have been made in advance with Campus Security.

## Common Building Key

- AB** Accelerator Art Space
- CH** Circle Hall
- CU** Cureton Hall
- DA** Daniels Hall
- DH** Dinkmeyer Hall
- EP** Elm Park Apartments
- FC** Frick Center
- FH** R.A. Faganel Hall/  
Tyrell Fitness Center
- GB** Grounds Building
- GH** Goebel Hall
- HC** Hammerschmidt Chapel
- IH** Irion Hall
- LH** Lehmann Hall
- LI** A.C. Buehler Library
- MH** Memorial Hall
- MR** 103 Myrtle
- MT** Mill Theatre
- NI** Niebuhr Hall
- OM** Old Main
- PA** Prospect Apartments
- SC** Schaible Science Center
- Center**
- SK** Schick Hall
- ST** Stanger Hall
- WH** West Hall

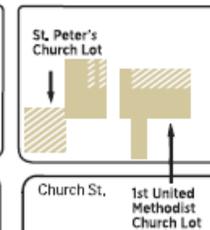


- V** Visitor Parking
- H** Handicap Parking
- M** Motorcycle Parking
- P** Emergency Phone
- AV** Admission Visitor Parking
- SC** Speech Clinic Parking
- ♥** Automated External Defibrillator (AED) Locations
- ★** All Gender Bathroom Locations

- SYMBOL KEY**
- Residential Living
  - Campus Buildings
  - General Parking/No Overnight
  - General Parking/Overnight
  - Remote Parking Lot

## Parking Lot Location and Usage

- 1** Schaible Science Center Lot  
(No overnight parking from 2:00-6:00 a.m.)
- 2** Dinkmeyer Hall Lot
- 3** West Hall Lot
- 4** Goebel Hall Lot  
(No overnight parking from 2:00 a.m.-6:00 a.m.)
- 5** Lehmann/Niebuhr Lots  
(No overnight parking from 2:00 a.m.-6:00 a.m.)
- 6** Alexander/ Walter Lot
- 7** Mill Theatre/ Faganel Hall Lots
- 8** Circle Hall, Irion Hall, Daniels Hall, and the roadway from Schick Hall to Prospect Ave.  
(No overnight parking from 2:00 a.m.-6:00 a.m.)



# VIOLATIONS AND FEES

A person will be responsible for violations issued for any vehicle registered in their name. Violations of the College's parking regulations are subject to a fine.

**Students:** Fines are payable at the Office of Student Financial Services in Goebel Hall. Fines that are not immediately paid will be added to a student's account. Please note that until the account is paid in full, grades and transcripts will be withheld, and one may not register for the next term or graduate.

**Faculty, Staff and Visitors:** Fines are payable at the Office of Student Financial Services in Goebel Hall. Questions about citations may be directed to the Office of Campus Security, Lower Level, Lehmann Hall, x3000.

Anyone wishing to appeal a citation may do so by filling out the back of the ticket and returning it to Campus Security. The appeal must be received, in writing, within 5 days of the date on the citation.

# REGISTRATION OF VEHICLES

All employees and students currently enrolled must register their vehicle with Campus Security.

A registered vehicle must display an Elmhurst College parking sticker on the lower, driver's side corner of the front windshield. Stickers are renewed every year for students and employees.

The parking stickers do not have permanent adhesive and can be transferred to multiple vehicles. Therefore, an individual who purchases a parking sticker can register up to 3 vehicles with that one sticker number. Only one vehicle is permitted on campus at any one time and failure to place the sticker on the registered car, or failing to register a car will result in a parking fine.

Anyone bringing a temporary or rental vehicle to campus must obtain a temporary parking hang tag.

If your vehicle is in an accident or replaced, you must remove the sticker from the old car and register the new car under that sticker.

If your sticker rips bring it into Campus Security office and we will replace it.

# STICKER FEES

Resident students will need to obtain a sticker for the school year, and will be charged per term. Costs for this fee are included in the student's need calculation for financial aid and billed to a student's account.

Elm Park/Prospect Apartment Residents must obtain a residential parking sticker and a temporary hang tag to park in your assigned parking space. The hang tag must be displayed from your rear view mirror at all times and you may not transfer or lend the hang tag to any other person. You may only park in your assigned space. If it is occupied, park in the overnight lots (Dinkmeyer Hall, West Hall, and Alexander Lot) between 2 a.m.-6 a.m. You must get a new hang tag each semester.

Residents living in campus owned houses must obtain a residential parking sticker to park in the driveway. You will be held accountable for guests who illegally park.

Commuter students, with the exception of graduate students and those in accelerated programs, will need to obtain a sticker for one year and be billed per term.

There is no fee for Elmhurst College Employees.

# VEHICLE ASSISTANCE

Elmhurst College offers some assistance in the event that your vehicle battery is dead or you lock your keys in your car. You may borrow a battery jumper pack from Campus Security. If you lock your keys in your car, a Campus Security Officer will be dispatched to assist you. Please note that Campus Security may only offer these services to vehicles on College property and officers may not be immediately available to assist you. This assistance is provided at the vehicle owner's/driver's risk, as the possibility exists that jump-starting a battery or performing an emergency vehicle opening may cause damage to your vehicle. Elmhurst College assumes no liability for this damage, and assistance is provided at the requestor's risk when appropriately skilled personnel are available.



# LOT CLOSING

The College may need to temporarily close a parking lot for a special event, snow removal, or a necessary repair. Lot closings will generally be posted 24 hours in advance. If a driver fails to move a vehicle after signs have been posted, the vehicle will be ticketed and issued a fine, and may be relocated or towed at the registered owner's expense. Campus Security will attempt to notify the owner before towing a vehicle, but it is the owner's responsibility to move the vehicle in accordance with the posted deadline.

If you must move to a parking lot that you have not been authorized to park in, or if you are unsure of where to move your car, call Campus Security at 630-617-3000 and we can assist you in finding a lot or come by the Campus Security Office to obtain a temporary hang tag.

# SHUTTLE INFORMATION

The Bluejay Shuttle is available for students to visit local shops. Stops include Target, Walmart, Whole Foods, Kohl's, Downtown Elmhurst, Oakbrook Center, and CVS.

It runs on a regular schedule that can be viewed on the Campus Security web page under parking and transportation or at: [elmhurst.edu/bluejayshuttle](http://elmhurst.edu/bluejayshuttle)

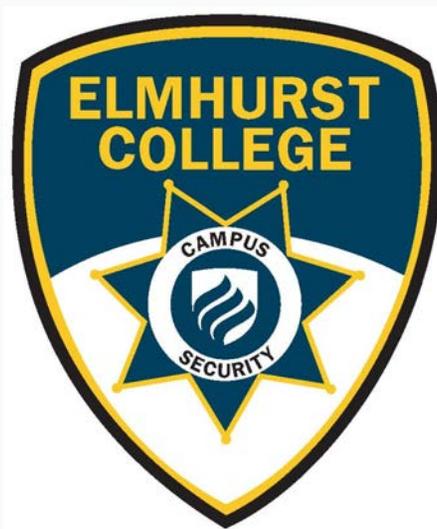
You can also download the App *BusWhere*

or use this QR code:



# CAMPUS SECURITY TOP 10 LIST

10 THINGS EVERY  
ELMHURST COLLEGE  
STUDENT SHOULD  
KNOW



## 01

### Campus Security

- Located in Lehman Hall-Lower Level
- Open 24/7/365
- We prefer you call us for emergencies (before 911) as we are the closest emergency responders

## 02

### Visit the Campus Security Website Frequently

- [Elmhurst.edu/security](http://Elmhurst.edu/security)
- Campus Map, Shuttle Schedules, and more!

## 03

### Register for EC Alerts

- Visit [Elmhurst.edu/security](http://Elmhurst.edu/security)--> sign up for Emergency Alerts (Bottom right) --> Sign Up (Top right)
- Choose what you would like to be notified about.
- Add multiple numbers with the call or text option (must have phone nearby to enter validation code).
- Automatically active for four years and opt out at any point

## 04

**Pick up an Emergency Response Procedures flip chart at the Office of Campus Security and keep it handy**

## 05

**Make sure you know where each of the following are from your current location anytime you are on campus**

- Two campus phones
- Two exits
- One fire extinguisher
- One safety shelter location
- One Automated External Defibrillator (AED)

## 06

### Lock It or Lose It

- Theft is the #1 crime on all college campuses including Elmhurst College
- Secure lockers, desk, office cabinets, office doors, car doors, etc.
- Don't leave valuables unattended

# 07

## Parking

- Register your vehicle(s) in the Office of Campus Security each school year
- Your tag is good for both semesters and the fee will be added to your student account
- Place the sticker on your front windshield in the lower driver's side
- Read the Motor Vehicle Rules and Regulations in your Student Handbook
- Parking rules apply 24/7
- One sticker may be used to register up to 3 vehicles. If you are unable to move your sticker, get a temporary hang tag
- Contact us with any parking questions (overnight parking, jump starts, lock outs, etc.)

# 08

## Annual Security & Fire Report

- [Elmhurst.edu/clery](http://Elmhurst.edu/clery) and click Annual Security and Fire Safety Report.

# 09

## If you lose keys or access cards, report it the Security Office immediately.

# 10

## Sexual Assault/ Suicide/ Self Harm/ Threat Against Persons or Properties

- Must be reported to Campus Security immediately.
- We do not promise confidentiality- if you know something, you should report it to the college so we may inform the victim of their options and take action.

# Contact Us

Office open 24/7  
 Lehman Hall, Lower Level  
 Call (630) 617-3000  
 or ext. 3000 on a campus  
 phone



[www.facebook.com/ElmhurstCollegeCS/](http://www.facebook.com/ElmhurstCollegeCS/)



@ECampusSecurity



@ec.campus.security



Follow us!



@ELMHURST\_EATS

our meal  
doesn't start  
without you

# dining plans

LEARN MORE: [DINEONCAMPUS.COM/ELMHURSTCOLL](http://DINEONCAMPUS.COM/ELMHURSTCOLL)

## 2020 - 2021 DINING PLANS

<b>Bluejay Plan</b>	<b>\$2,926</b>
Includes \$2,556 Bluejay Bucks	per semester
<b>Basic Plan</b>	<b>\$2,210</b>
Includes \$1,918 Bluejay Bucks	per semester
<b>EC Light Plan</b>	<b>\$1,671</b>
Includes \$1,381 Bluejay Bucks	per semester
<b>J-Term Plan</b>	<b>\$564</b>
Includes \$501 Bluejay Bucks	J-term only
<b>J-Term Light Plan</b>	<b>\$325</b>
Includes \$265 Bluejay Bucks	J-term only

## BLUEJAY BUCKS

### Bluejay Bucks

Bluejay Bucks are designed to give you access to all meals or snacks at our campus dining locations. Unused Bluejay Bucks carry over from Fall to Spring term only. Unused BlueJay Bucks from the J-term will not roll over. Unused balances at the end of Spring term will be forfeited.

Residents will select Dining Plans through My Housing during the housing enrollment process.

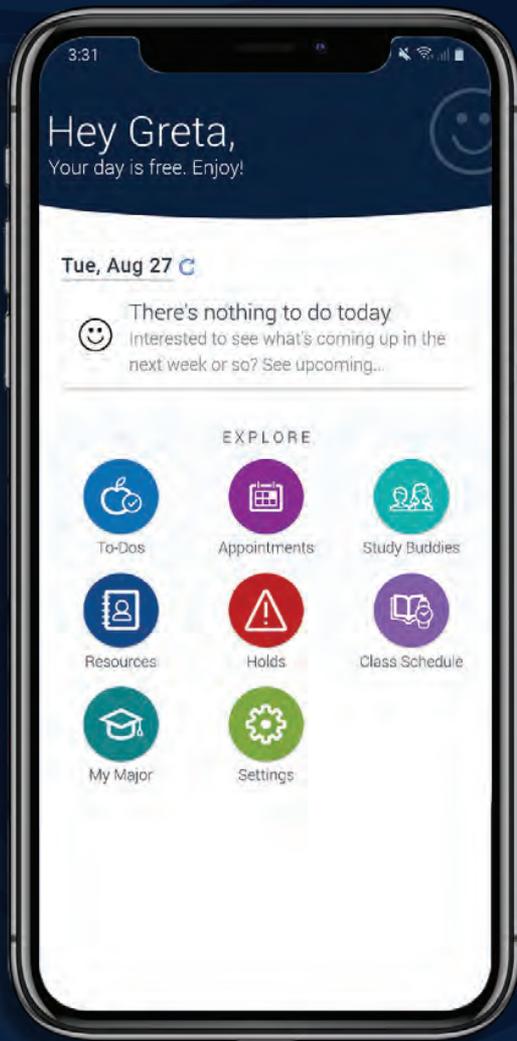
To add first-time or additional Bluejay Bucks to your Jaypass, or to check your balance, go to the College portal homepage at <https://elmhurst.teamdynamix.com/TDCClient/1779/Portal/Home/> and click on the "Touchnet - Jaypass Funds" button, or visit the Office of Student Financial Services located in Goebel Hall.

View campus dining locations, location hours and menus online at [www.dineoncampus.com/elmhurstcoll](http://www.dineoncampus.com/elmhurstcoll)



Orientation to Graduation

# START WITH NAVIGATE



Get reminders about important deadlines and create your own to-dos



Schedule and receive advising appointments right away



Reach out to advisors, discover supportive resources, and find your way around campus—in seconds



Sync your class schedule with your phone calendar



Explore majors, discover careers, and plan for your future

Search **NAVIGATE STUDENT** in app stores to get it now!

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Learn more at [elmhurst.edu/navigate](http://elmhurst.edu/navigate)





## Required Online Training Courses at Elmhurst College

Welcome New Bluejay!

Elmhurst College's mission is to inspire intellectual and personal growth in our students, preparing them for meaningful and ethical contributions to a diverse, global society. To help get you started on this journey, the College takes pride in educating students about maintaining a safe and welcoming campus for all students. Beyond this, the State of Illinois requires that students at colleges and universities in the state undergo training on specific topics like sexual misconduct prevention.

To introduce you to our community expectations, we require all new Elmhurst College students to complete our online training program run by EVERFI. On August 18, 2020, you will receive information from EVERFI via your Elmhurst College email address regarding how to access your required training courses and their deadlines for completion. (If you attend the last Advising & Registration Day on August 25, 2020, you will receive this information on August 27, 2020.)

The courses you will need to complete and their approximate length of time for completion are the following: *AlcoholEdu for College* (60-90 minutes); *Prescription Drug Abuse Prevention* (30-40 minutes); *Sexual Assault Prevention for Undergraduates* (60 minutes); and *Diversity, Equity & Inclusion for Students* (45 minutes). We hope that by completing these courses, you will become more familiar with our expectations and hopes for you as a new Bluejay.

If you have questions, please contact me using the information provided below. I appreciate your cooperation and look forward to seeing you on campus soon!

Sincerely,

A handwritten signature in black ink that reads 'Jennifer K. Duffield'.

Jennifer K. Duffield, M.A.

Assistant Dean of Students & Title IX Deputy Coordinator for Students

Elmhurst College

[jenn.duffield@elmhurst.edu](mailto:jenn.duffield@elmhurst.edu) | (630) 617-5199

# The FERPA Release

FERPA (Family Educational Rights and Privacy Act) is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.

FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level.

Students at Elmhurst may choose to complete a FERPA Release, allowing Student Financial Services, Advising, and/or Student Affairs to discuss their educational records with other individuals on their behalf.

Completed FERPA Releases can be returned to the Office of Student Financial Services by the student, themselves, with a valid photo ID; or students may return the release to Student Financial Services via their Elmhurst e-mail account. **We must receive the completed FERPA Release from the student.**



# Authorization for Release of Student Records

In accordance with the Family Educational Rights and Privacy Act (FERPA), Elmhurst College may only release student records directly to the student, unless prior written authorization is given by the student. By filling out this form you give permission for others to view and have access to your student records. By default, your records will not be released to anyone else until this form is properly filled out.

## Student Information

Last Name	First Name	eNumber
Email	Daytime Phone Number	Date of Birth
Street Address	City	State

## Initial to indicate which records to be released

- All Academic Records** (records include: admissions and registration information, grades, assessment test scores, academic progress status, residency information, and any other documentation contained in the academic records)
  - All Student Account Records** (records include: amounts due for tuition and fees, sources of payment for tuition and fees, refund information, records hold information as it relates to parking tickets, library fines, financial aid repayments and any other information contained in student account records)
  - All Financial Aid Records** (records include: status of file, award and disbursement of funds information, satisfactory academic progress status, income information, and any other information contained in the financial aid application or file)
  - All Student Affairs Records** (Case management, student conduct, housing and residence life, law enforcement unit)
- Other** (Please specify) \_\_\_\_\_

## The following individuals are authorized to access the information specified above. PIN required for phone conversations

Please PRINT full name(s):

Name	Relationship	4 digit PIN for ID Verification
Name	Relationship	4 digit PIN for ID Verification
Name	Relationship	4 digit PIN for ID Verification

## Student Signature

I understand that although I am not required to release this information, I am giving my consent to the Elmhurst College to disclose these records. **Student Initial** \_\_\_\_\_

This authorization shall stay in effect August 31 of current academic year only or until such time as I revoke it in writing to the Registrar, if earlier. **Student Initial** \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

## Office Use Only

Government issued photo ID verified \_\_\_\_\_

## OUR STAFF

Student Health Services is staffed by board certified nurse practitioners and a board certified physician. Whether you need a quick check-up or ongoing medical support, we're here to help.

## EMERGENCY INFORMATION

In case of police, fire or medical emergency, call 911 or Campus Security at: (630) 617-3000

## AFTER HOURS

Edward-Elmhurst Health  
Emergency Department  
155 E. Brush Hill Road,  
Elmhurst, IL 60126  
Main Phone: (331) 221-1000



## THE WELLNESS CENTER

Niebuhr Hall, Room 010  
Lower Level, East Entrance

Office: (630) 617-3565

Fax: (630) 617-3255

Email: [studenthealth@elmhurst.edu](mailto:studenthealth@elmhurst.edu)

[elmhurst.edu/wellness](http://elmhurst.edu/wellness)



**STUDENT  
HEALTH**  
SERVICES

*Student Health Services is committed to providing high quality care that supports students' physical, mental and spiritual wellness.*

## ELIGIBILITY

All currently enrolled Elmhurst College students are welcome to use our services.

## STUDENT HEALTH SERVICE HOURS

Appointments are scheduled Monday–Friday, 8:00 am–4:00 pm. Please call (630) 617-3565 to make an appointment.

Walk-in hours are available. No appointment needed. Please call for specific times.

## FEES AND PAYMENT OPTIONS

Health Services visits are free of charge. Medications, vaccines, physicals and lab work are provided at the lowest possible cost to students. Payment can be made by check, credit/debit card, or charged to the student account. While we do not accept insurance, we can provide receipts that students are able to submit to their insurance companies.

## CONFIDENTIALITY

We adhere to state law and the ethics of our profession, which means confidentiality is of the utmost importance.

## SERVICES

- Acute Illness Evaluation and Treatment
- Women’s/Men’s Health Services
- Physical Exams
- Allergy Injections (must be on maintenance)
- Immunizations (routine and travel)
- Lab Work
- Free Testing: Cholesterol, STD, Strep and Pregnancy
- Medications including antibiotics, oral contraceptives and other prescription medication
- Health Education and Wellness Promotion
- Referrals to Specialists
- Loan Items: crutches, wheelchairs, heating pads (free)
- Massage Therapy
- Self-Care Center (free)

## MEDICAL HISTORY/ IMMUNIZATION REQUIREMENTS

All students are required to submit a medical history/immunization record. Students may obtain a copy of their immunization history from a primary care provider, former high school or previous 4-year college. A physical exam is not required.

Complete the form online at: [elmhurst.edu/immunization](http://elmhurst.edu/immunization)

Once completed, please print and email, mail, or fax back to the Wellness Center.

Students who can’t find immunization records need to be re-vaccinated or have a blood test to confirm immunity. Vaccines, TB skin test, and blood test are available in the Wellness Center for a fee.

## SERENITY ROOM

The Wellness Center provides a room (NH 001) designed for relaxation and stress relief. The room is equipped with a light box, relaxation and meditation CDs and a variety of other resources to promote self-care.





Dear Student:

Here are a few frequently asked questions regarding your immunization records:

**Where can I obtain a copy of my immunization records?**

- Contact your former High School and have them e-mail or fax us a copy.
- Contact your former 4-year College / University and have them e-mail or fax us a copy. (**Note: 2-year Colleges do not require this record**)
- Contact your Primary Care Physician and have them e-mail or fax us a copy.

LIST OF REQUIRED IMMUNIZATIONS
T-dap —current within the last 10 years.
MMR (Measles, Mumps, Rubella) 2 doses required after 1 year of age
Meningitis Vaccine — last dose must have been received at age 16 or older — <b>Not necessary for students 22 years and older.</b>

**Records can be sent to Wellness Center via:**

- 1) E-mail at: [studenthealth@elmhurst.edu](mailto:studenthealth@elmhurst.edu)
- 2) Fax: (630) 617-3255
- 3) Drop off at the Wellness Center at lower level Niebuhr Hall Room 010  
Tel # (630) 617-3565

**Medical / Immunization History Form can be downloaded by following the directions below:**

- 1) Go to Elmhurst College website
- 2) Click on Student Life
- 3) Click on Wellness Center
- 4) Click on Immunization Requirements & Medical History
- 5) Click on complete Immunization Medical History Form — it is underlined

Last Name	First Name	M.I.	Date of Birth (mm/dd/yy)	Student ID (7 digits)
Home Address	City/State/Zip	Country	Gender	Student Cell Phone
Semester and year of first enrollment: Fall (year) _____ Spring (year) _____ Summer (year) _____			Email	

**IMMUNIZATION RECORD:**

A physical exam is not required. It is an Illinois State Law for all students attending a four-year college and born after 1956 to obtain certain immunizations. You may have your primary care provider, former high-school, or previous college fax your records to the Student Health Service. If you are unable to obtain your immunization dates, you will need to be revaccinated or have an immunity profile (blood test) done to confirm your immunity. Vaccines, TB skin tests, and immunity profiles are available in the Student Health Services for a fee. **All forms must be submitted no later than June 1 for Fall and December 1 for Spring. Students with incomplete immunization records will be put on a "medical hold" and will be unable to register for classes in their second semester.**

**REQUIRED IMMUNIZATIONS (Dates Required)**

MMR (measles, mumps, rubella)	2 doses of MMR vaccine administered on or after 12 months of age <b>OR</b> positive serum titers to all three diseases (attach lab report)	1. _____ mm/dd/yy	2. _____ mm/dd/yy
MENINGOCOCCAL CONJUGATE VACCINE	Menactra or Menveo is required for all students 21 years of age and younger. NOTE: A 2nd vaccine must be given if the 1st vaccine was given before age 16.	1. _____ mm/dd/yy	2. _____ mm/dd/yy
Tetanus-Diphtheria-Pertussis (DPT, DTP, DT, DTap, Td, Tdap)	Any combination of three or more doses of Tetanus-Diphtheria-Pertussis. One dose must be Tdap. The last dose must be within ten years of the first day of the first semester.		
1. _____ mm/dd/yy	Td Tdap DTP/DTap	2. _____ mm/dd/yy	Td Tdap DTP/DTap
		3. _____ mm/dd/yy	Td Tdap DTP/DTap

**RECOMMENDED IMMUNIZATIONS (Complete if received)**

HEPATITIS B (Series of 3)	1. _____ mm/dd/yy	2. _____ mm/dd/yy	3. _____ mm/dd/yy
VARICELLA (Chicken Pox)	1. _____ mm/dd/yy	2. _____ mm/dd/yy	Had Varicella (Chickenpox)

**INTERNATIONAL STUDENTS ONLY: Call Student Health Services at (630) 617-3565 for a Tuberculosis Screening when you arrive on campus.**

Tuberculosis Skin Test/PPD	1. _____ mm/dd/yy	Results: <input type="checkbox"/> Negative <input type="checkbox"/> Positive mm induration: _____
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**REQUIRED HEALTH CARE PROVIDER INFORMATION**

Provider name (print or stamp)	Date
Address	Phone

Last Name	First Name	M.I.	Date of Birth (mm/dd/yy)	Student ID (7 digits)
Home Address	City/State/Zip	Country	Gender	Student Cell Phone

**PERSONAL HEALTH HISTORY: Please check all conditions/diseases you have had. If none apply, check this box**

<b>General</b> Anemia Autism Spectrum Cerebral Palsy Fatigue Learning Disorder Sleep Issues Weight Gain/Loss (recent)  <b>Skin</b> Acne Eczema Skin cancer Psoriasis  <b>Head/Ears/Eyes/Nose/Throat</b> Chronic Ear Infections Hearing Impairment Visual Impairment  <b>Cardiovascular/Vessel</b> Blood Clotting Disorder Congenital Heart Defect Heart Murmur High Blood Pressure	<b>Respiratory</b> Asthma Bronchitis Pneumonia  <b>Gastrointestinal</b> Celiac Disease Crohn's Disease Diverticulosis Dyspepsia (Heartburn) Gallbladder Disease Irritable Bowel Syndrome Ulcerative Colitis  <b>Genitourinary/Gyne</b> Hernia Kidney Disease Kidney Stones Menstrual Conditions Urinary tract Infections	<b>Musculoskeletal</b> Arthritis Fibromyalgia Scoliosis Skeletal Disorder  <b>Neurological</b> Congenital /Spinal Cord Injury Head Injury/Concussion Headache, recurrent Multiple Sclerosis Seizure Disorder  <b>Endocrine</b> Diabetes (PCOS) Polycystic Ovarian Syndrome Thyroid Disorder	<b>Emotional Health</b> Alcohol/Substance Abuse Anxiety/Panic Attacks Attention Deficit (ADD/ADHD) Depression Eating Disorder Mental Health Hospitalization PTSD Suicidal Thoughts  <b>Infectious Disease</b> Hepatitis HIV/AIDS Meningitis Tuberculosis  <b>Other:</b> _____ _____
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<b>Surgeries, conditions or hospitalizations not listed above:</b>	<b>None</b>
<b>Routine medications/vitamins/supplements (please list drug, dose and reason):</b>	<b>None</b>
<b>Allergies (please list allergies to medications, foods, environmental or insects):</b>	<b>None</b>

**FAMILY HISTORY: Has any immediate family member had any of the following?**

Alcohol/Substance Abuse Asthma Cancer Diabetes	Heart Disease High Blood Pressure Kidney Disease Migraine	Mental Health Treatment Seizure Disorder Stroke Sudden Death before age 50	Adopted, History Unknown Other _____
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**PERSON(S) TO NOTIFY IN CASE OF EMERGENCY**

Name	Relationship	Phone
Name	Relationship	Phone

**Parent Consent for Treatment:** All students under 18 years of age enrolled at Elmhurst College must have parental permission before they may receive medical care at Student Health Service. We ask that you sign this statement. I hereby give permission for the medical staff of Elmhurst College Student Health Services to perform diagnostic and therapeutic treatment as they deem necessary.

Signature of parent/guardian of student under 18	Date
--	------

# LEARNING CENTER

A.C. Buehler Library  
Main Floor  
[elmhurst.edu/LC](http://elmhurst.edu/LC)

## FREE TUTORING

Writing                      Math & Statistics  
Biology                      Kinesiology                      Chemistry  
Spanish                      French  
Psychology                      Political Science                      Computer Science

## ACADEMIC COACHING WORKSHOPS TEST PREP (GRE, SAT, etc.)

### *Contact*

Susan Roach, Director  
630-617-3155  
[susan.roach@elmhurst.edu](mailto:susan.roach@elmhurst.edu)  
Emmi McAdams, Tutoring Coordinator  
630-617-5376  
[emmim@elmhurst.edu](mailto:emmim@elmhurst.edu)

## ACCESS AND DISABILITY SERVICES

ADS works hard to provide accessible programs and reasonable accommodations for students with a range of disabilities. Our inclusive approach includes innovative educational programs, cross-campus collaboration and self-regulated learning.

### *Contact*

Linda Harrell  
Access & Disability  
Services Coordinator  
630-617-6448  
[disability.services@elmhurst.edu](mailto:disability.services@elmhurst.edu)  
[elmhurst.edu/ADS](http://elmhurst.edu/ADS)

# NEW STUDENT ORIENTATION

We're revamping our Orientation Programs to ensure you continue to bond with your classmates and learn about the campus while staying safe!  
We can't wait to meet you!

**Please continue to hold August 26-29, 2020 for your Orientation!**

More updates to come over the summer!



# SORORITY & FRATERNITY LIFE



ALL SORORITY/  
FRATERNITY GPA: 3.2

31% OF  
STUDENTS  
ARE FIRST  
GENERATION



@ecsfl



30% OF STUDENTS  
COMMUTE TO CAMPUS



46 MEMBERS  
PARTICIPATED IN  
A STUDY AWAY  
PROGRAM

30 MEMBERS  
COMPETED  
IN NCAA  
DIVISION III  
ATHLETICS



<https://www.elmhurst.edu/student-life/get-involved/sorority-fraternity-life/>

## FRATERNITIES

Alpha Sigma Phi | ΑΣΦ  
Alpha Tau Omega | ΑΤΩ  
Lambda Chi Alpha | ΛΧΑ  
Alpha Phi Alpha Fraternity, Inc. | ΑΦΑ

## SORORITIES

Alpha Phi | ΑΦ  
Kappa Kappa Gamma | ΚΚΓ  
Phi Mu | ΦΜ  
Sigma Kappa | ΣΚ  
Sigma Gamma Rho Sorority, Inc. | ΣΓΡ  
Sigma Lambda Gamma National Sorority, Inc. | ΣΛΓ



COMMUNITY SERVICE  
HOURS SERVED: 8,640

\$19,054

PHILANTHROPY  
DOLLARS RAISED

## LEARN MORE

Amanda Santucci - Coordinator of Student Activities and Sorority and Fraternity Life  
[amanda.santucci@elmhurst.edu](mailto:amanda.santucci@elmhurst.edu)

Sorority Recruitment:  
<https://enroll.icsrecruiter.com/pan/elmcoll>

Fraternity Recruitment:  
<https://tinyurl.com/fraternity-interest>

## HISTORICALLY BLACK ORGANIZATIONS

Alpha Phi Alpha Fraternity, Inc. | ΑΦΑ  
Sigma Gamma Rho Sorority, Inc. | ΣΓΡ

## MULTICULTURAL ORGANIZATION

Sigma Lambda Gamma National Sorority, Inc. | ΣΛΓ

# Student Financial Services

## Checklist

Welcome to Elmhurst! We're happy to have you! Below, you'll find a few to-dos and reminders to help make your first year at Elmhurst run smoothly.

- **Accept your Federal Student Loans on Self Service if you need additional financial assistance.**
  - Review your full financial aid package by logging into to the Campus Portal and clicking on Self Service.
  - Complete Entrance Counseling and a Master Promissory Note on [studentaid.gov](http://studentaid.gov) if you are borrowing student loans for the first time.
  - Parents: Review options for additional borrowing in your name on [studentaid.gov](http://studentaid.gov) (PLUS Loan)
- **View your tuition bill on Touchnet.**
  - About 48 hours after your registration date, log in to the Campus Portal ([my.elmhurst.edu](http://my.elmhurst.edu)) and go to Touchnet Deposits & Payments.
  - Review your balance and prepare for payment.
  - Enroll in a payment plan by August 15<sup>th</sup> or pay in full. **Fall semester tuition is due by August 15<sup>th</sup>.**
- **Interested in working on campus? Review job openings on your Campus Portal beginning July 1<sup>st</sup>.**
  - Head to your Campus Portal ([my.elmhurst.edu](http://my.elmhurst.edu)) and click the Student Life tab to find Job Opportunities for students.
  - If you are hired, be sure you have access to a photo ID and your passport, birth certificate, or social security card for Human Resources.
- **Make sure you know how to access your Elmhurst e-mail account.**
  - Student Financial Services will use only this account to contact you.
  - If you have trouble accessing this inbox, contact the Help Desk.
- **Complete a FERPA Release for Student Financial Services.**
  - If you know another individual will want to work with SFS regarding your financial aid or billing, their name has to be on file with our office.
  - Filling out a FERPA Release will give our office permission to speak with another person on your behalf.

# OFFICE OF STUDENT INVOLVEMENT

Get Involved on Campus!

## Our Mission

The Office of Student Involvement is dedicated to enhancing the holistic student experience through comprehensive programming, services, and resources, which promote campus vibrancy, personal development, and community engagement.

## What we do...

- Campus Programming
- Student Organizations
- Sorority & Fraternity life
- Student Government
- Commuter Resources
- Frick Center & Bluejay Roost
- Campus Recreation
- Intramural Sports
- Homecoming
- Leadership Development
- and MUCH MUCH MORE!

## Who we are...

- **Cheryl Leoni**
  - Associate Dean of Students and Director of the Frick Center
- **Amanda Santucci**
  - Coordinator of Student Activities and Sorority/Fraternity Life
- **Hayley Delia Wozny**
  - Coordinator of Student Activities and Student Leadership
- **Steven Karasewski**
  - Coordinator for Campus Recreation

### Contact Info:



(630)617-3389



@EC\_ODI

@ECSFL

@EC\_CampusRec



getinvolved@elmhurst.edu



www.elmhurst.edu/student-life/

# Stay ENGAGED!



Student  
Leadership

# THERE ARE A WIDE VARIETY OF CLUBS AND ORGANIZATIONS TO PARTICIPATE IN!

## ACADEMIC & PROFESSIONAL

- Accounting, Finance & Economics
- Alpha Epsilon Delta
- American Marketing Association
- Aspiring Rehabilitationists Club
- Beta Beta Beta
- Chemistry Club
- Elmhurst College Honors Organization
- Elmhurst College Mock Trial
- Kappa Delta Pi
- NSSLHA
- Phi Beta Delta
- Pre-Dental Club
- Pre-SOMA
- Pre-Veterinary & Animal Welfare Society
- Student Nurses' Association
- Student Veteran Association

## CULTURAL IDENTITY

- Asian Club of Elmhurst
- Black Student Union
- Coalition of Multicultural Engagement
- International Club
- Latino Student Association
- Polish Club
- Queer Straight Alliance

## PUBLICATIONS & MEDIA

- MiddleWestern Voice
- The Leader
- WRSE 88.7FM

## RELIGIOUS & FAITH

- Bluejay Catholic
- Campus Crusade for Christ (CRU)
- Muslim Student Association
- Spiritual Life Council

## SOCIAL ACTION & SERVICE

- Alpha Phi Omega
- Best Buddies
- BluejayTHON
- EC Justice
- Habitat for Humanity
- Hope for Gold
- Relay for Life

## LEADERSHIP OPPORTUNITIES

- Omicron Delta Kappa
- Orientation Student Leaders
- Residence Hall Association
- Resident Advisors
- Student Ambassadors
- Student Athlete Advisory Council
- Student Government Association
- Programming Board

## SPECIAL INTEREST

- Craft Club
- Garden Club
- Rugby Football Club
- Stock Market Club

## SORORITIES

- Alpha Phi
- Kappa Kappa Gamma
- Phi Mu
- Sigma Kappa
- Sigma Gamma Rho Sorority, Inc.
- Sigma Lambda Gamma National Sorority Inc.
- Panhellenic Council

## FRATERNITIES

- Alpha Sigma Phi
- Alpha Phi Alpha Fraternity, Inc.
- Alpha Tau Omega
- Lambda Chi Alpha
- Interfraternity Council

## PERFORMING ARTS

- Cheerleading
- EC Dance Company
- Gospel Choir
- Jaylightz Dance Team
- Jazz Band
- Percussion Ensemble
- Phi Mu Alpha Sinfonia
- Poms Squad
- Sigma Alpha Iota
- Theatrical Productions
- Theta Alpha Phi
- Women's Chorus

Interested in starting a new organization on campus?

Visit the Office of Student Involvement, Frick Center 220, for more information.



# ELMHURST ENTREPRENEURS

Want to start your own business? Have an idea for an app? Want to be your own boss? At Elmhurst College, the Elmhurst Entrepreneurs initiative provides students with the necessary knowledge, resources and mentorship to make real their entrepreneurial dreams.

## ✔ Entrepreneurship

Learning entrepreneurship is very different from learning anything else. The Elmhurst Entrepreneurs initiative uses an applied entrepreneurial approach to help students identify their strengths and talents and how to work on improving them. Through one on one coaching with our Entrepreneur in Residence and distinctive programming like Pitch competitions and the Innovation DuPage incubator partnership, the sky is the limit for your growth. You will learn how to critically think and analyze all the vital components involved with your starting your own company or new business ideas to ensure success.

## ✔ Entrepreneur in Residence

Discover what it takes to develop your entrepreneurial idea and take it to the next level by meeting with our Entrepreneur in Residence (EIR). Through in-person or virtual meetings, the EIR provides professional guidance and mentoring that will help you expand your knowledge and navigate your next steps. The EIR also creates connections with individuals who own their businesses to offer further real-world perspective.

## ✔ Interdisciplinary Think Space

Have any ideas in mind? Stop by the dedicated Elmhurst Entrepreneurs Think Space. All students and entrepreneurial ideas are welcomed and nurtured. So no matter what your major is, the Think Space exists to inspire networking and the cross pollination of ideas.

## 👤 What We Offer

- Entrepreneur in Residence
- Virtual or in-person coaching
- Think Space
- Speaker series (virtual and in-person)
- Networking events
- Skills assessment
- Pitch competitions
- Real-life experience
- Open to all majors
- Student entrepreneurship group with social outings, events, and conferences

## 🏠 Partnerships

- PNC Bank
- Innovation DuPage

“



The program has allowed me to exceed what I thought were my limits in an entrepreneurial focus. It provided me the ability to interact with a growing new company off-campus who took a product and a service nationwide in just four months. It has given me the avenue to show what I can achieve with an entrepreneurial spirit!

Alexander Ralph '23

YOUR ELMHURST  
*Journey*  
— BEGINS —



### Fast Facts

- 2,891** undergraduates
- 13:1** student-faculty ratio
- 0** courses taught by graduate assistants
- 60+** majors
- 15** preprofessional programs
- 100+** student clubs and organizations
- 20** Division III athletic teams
- 6** residence halls
- 968** students living on campus
- 10** sororities and fraternities
- 30** minutes from downtown Chicago
- 68** countries where students study abroad
- 100%** of new, full-time students receiving some type of financial aid
- 93%** of Elmhurst College graduates employed or in graduate school within a year of graduating



Students choose Elmhurst College for hundreds of reasons, from our welcoming community to our distinguished faculty and exceptional academics.

#### Thrive at a Top College

Elmhurst ranks among the best colleges and universities in the Midwest, according to *U.S. News & World Report* and *Forbes* magazine. The College also ranks among the top schools in Illinois in *Money* magazine's nationwide list of Best Colleges for Your Money.

#### You'll Get an Exceptional Education

No matter which of our 60-plus majors you choose, you'll learn from faculty who are scholars and experts in their fields. Classes are small here, so your professors will get to know you, take an active interest in your future, and help you find your own professional path.

#### You'll Love Our Location

Our gorgeous campus is a green oasis in the heart of a quiet suburb—but it's also just a few blocks from the Elmhurst Metra station, where you can catch the train for a 30-minute ride to downtown Chicago. That means easy access to tons of fun and endless professional opportunities.

#### You'll Get a Head Start on Your Career

At Elmhurst, you'll gain real-world experience starting your first year. Internships, professional mentors and shadowing experiences will help you define your future and give you the skills to reach your full potential. Employers love Elmhurst graduates, because they're ready to make valuable contributions from the first day on the job.

Elmhurst College will become **Elmhurst University** in June 2020



Office of Admission  
190 Prospect Avenue  
Elmhurst, Illinois 60126

(630) 617-3460  
entrepreneurs@elmhurst.edu  
elmhurst.edu/ee

Apply today at [apply.elmhurst.edu](http://apply.elmhurst.edu)



CAREER  
Education

CAREER  
Experiences

PRE-  
PROFESSIONAL  
Advising

#### What We Offer

Career Guidance  
Internships  
Résumé Reviews  
Mentoring  
Health Professions Advising  
Pre-Law Advising  
Career Fairs  
Job Listings  
Interest Assessments  
Job Shadowing  
Graduate School Guidance  
Alumni Career Advising

#### Sample Internships

Aldi Corp.  
Argonne National Laboratory  
Blistex  
BMO Harris Bank  
Brookfield Zoo  
Chicago Fire Soccer Club  
Chicago Symphony Orchestra  
CME Group  
Easter Seals  
Elmhurst Hospital  
Ernst & Young  
Jewel-Osco  
Magnificent Mile Association  
Make-A-Wish Foundation  
Morgan Stanley  
NAMI-Dupage  
NBC Chicago  
Porte Brown  
Ravinia  
Robert Bosch  
The Chicago Dogs  
Walt Disney World  
William Blair & Company

## Russell G. Weigand Center for Professional Excellence

### Start Planning a Great Future

Ready for your launch to a dynamic career? The Weigand Center at Elmhurst will help you explore your passions, define your goals, ignite your professional curiosity—and prepare you to thrive in an ever-changing world.

#### EXPLORE CAREERS AND DEFINE YOUR STRENGTHS

Career preparation starts early at Elmhurst. As soon as your first year, we'll help you identify your interests, choose a major, set career goals and prepare for an effective job search. Our job shadowing program gives you the chance to accompany a professional through a workday to explore whether a particular career is a good fit. Our mentoring program connects you with a professional for ongoing career guidance. Our Career Education staff will help you craft a strong résumé and prepare for successful interviews, and you can use our services after you graduate.

#### EXPERIENCE A CAREER FIRSTHAND

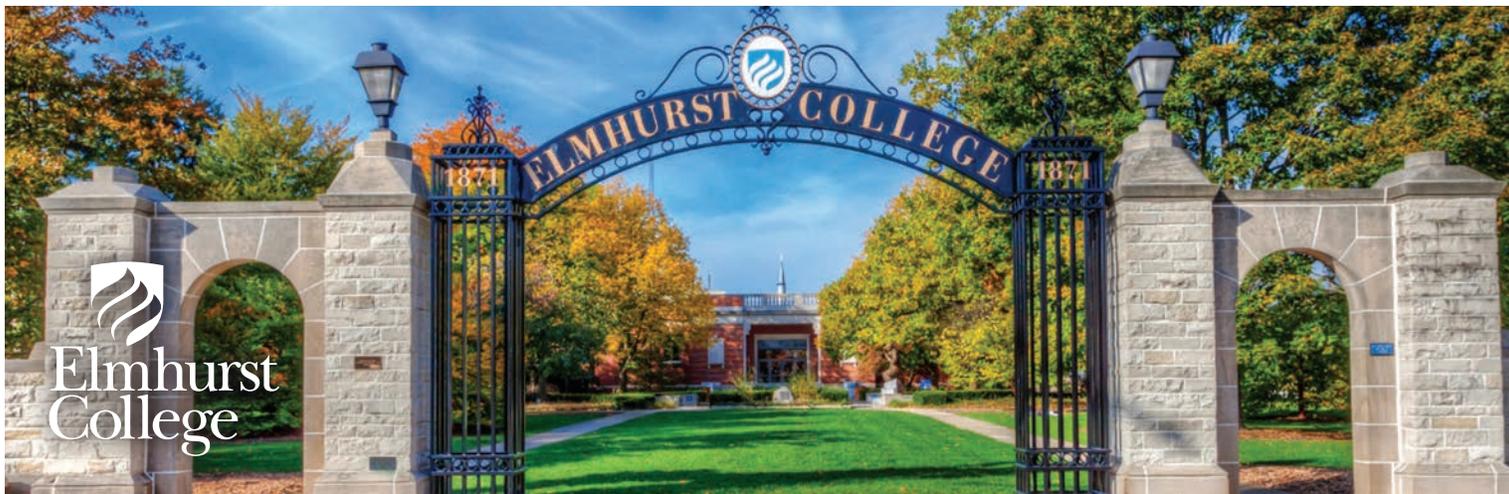
An internship provides hands-on experience and boosts your marketability. The Weigand Center has an extensive network of industry professionals, so your internship options are wide and varied. Our students have worked at hundreds of sites, including Ernst & Young, Ravinia, Argonne National Laboratory, Chicago Fire Soccer Club and Walt Disney World. Many of our internships lead to full-time job offers after graduation.

#### PREPARE FOR LAW SCHOOL OR A CAREER IN HEALTH CARE

Planning a career in health care or law? We'll support you every step of the way. Our specialized advisors will guide you through the process of applying to professional school and make sure you're meeting all the program requirements. For students interested in health careers, we offer several early admission programs as well as a minor in medical humanities to support your examination of ethical issues in health care.



“For my internship at CBS, I got to go to Cubs and White Sox events and interview managers, players, even owners. The internship has given me the professional experience and confidence I need to move forward as a sports journalist.”  
—Christian Canizal, interdisciplinary communication studies



## Fast Facts

2,831 undergraduates

14 students per faculty member

18 students in a class (on average)

0 courses taught by graduate assistants

60 majors

15 pre-professional programs

unlimited internships and other career opportunities

100+ student clubs and organizations

20 Division III athletic teams

6 residence halls

930 students live on campus

8 Greek organizations

30 minutes from downtown Chicago

68 countries where students study abroad

100% of new students receive some type of financial aid

# BELONG

Your Elmhurst Journey Starts Here.

Students choose Elmhurst College for hundreds of reasons, from our welcoming community to our distinguished faculty and exceptional academics.

## TOP COLLEGE

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# 93%

Percentage of Elmhurst College graduates are employed or in graduate school within a year of graduating.



### Selected Programs in Health Care

- Chiropractic Medicine
- Dentistry
- Diagnostic Medical
  - Sonography
- Exercise Science
- Medical Humanities (Minor)
- Medical Laboratory Science
  - (Clinical Laboratory Sciences)
- Medicine
- Nuclear Medicine Technology
- Nursing
- Occupational Therapy
- Optometry
- Pharmacy
- Physical Therapy
- Physician Assistant
- Podiatry
- Radiation Therapy
- Speech-Language Pathology
- Veterinary Medicine

### Sampling of Professional School Acceptances

- Elmhurst College
- Illinois College of Optometry
- Loyola University Chicago
- Michigan State University
- Midwestern University
- New York University
- Northwestern University
- Rosalind Franklin University
- Rush University
- Southern Illinois University
- University of Florida
- University of Illinois, Chicago
- University of Illinois, Urbana
- University of Iowa
- University of Southern California
- University of Wisconsin, Madison

# Health Professions

Health care careers account for many of the nation's fastest-growing jobs, according to the Bureau of Labor Statistics. And at Elmhurst College, we'll help you prepare to reach your potential in any area of health care—from dentistry to veterinary medicine and from nursing to exercise science.

### PARTNERS AND MENTORS

Health Professions Advising in the Weigand Center for Professional Excellence at Elmhurst College is devoted exclusively to preparing students for careers in health care. Our advisors will connect you with clinical internships and career opportunities, and prepare you for professional school applications and job interviews. You could also collaborate with faculty on research, present your findings at professional conferences, and share billing with them on published papers.

### A FOCUS ON CARING

The health professions demand compassion and ethics along with confidence and intellect. We offer a unique medical humanities minor that includes a clinical internship. With a focus on the importance of ethics, communications and relationships in caregiving, this minor has become one way for our students to distinguish themselves from other graduate and professional school applicants in the health professions.

### YOUR COMPETITIVE EDGE

Elmhurst has academic affiliations that allow students to apply for early admission to professional health care programs, giving them a competitive edge. Our students gain admission to graduate and professional programs at impressive rates, and nearly all of our graduates in professional programs like nursing are employed within a year of graduation. At Elmhurst, you'll develop the confidence to lead, the communication skills vital to work in a team, and the ethical perspectives to thrive in diverse settings. You'll be prepared for all the unpredictable challenges of a changing world.



“The combination of small class sizes, a diversified campus, and passionate faculty members allowed me to receive a personalized education of the highest quality—an education that I believe has contributed greatly to my success in PA school.”  
— Melinda Vickers, Physician Assistant Student, Baylor College of Medicine

**Erica Ashauer**, Director, Pre-Professional Advising  
Weigand Center for Professional Excellence  
(630) 617-6482 | ashauere@elmhurst.edu





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# Pre-Law

## Law-Related Courses

Constitutional Law I  
Constitutional Law II  
Criminal Law  
Logic  
Mock Trial  
Philosophy of Law

## Experiences

LSAT Workshops  
Law School Application  
Workshops  
Court Tours and Trial  
Observation  
Attorney Guest Speakers  
Pre-Law Club

## Law School Placements

Georgetown University  
Emory University  
University of Illinois at  
Urbana-Champaign  
Pennsylvania State  
Case Western Reserve  
IIT Chicago-Kent  
Loyola University Chicago  
DePaul University

## Mock Trial

Learn firsthand about the American legal system. In this course, you'll work on a nationally assigned case, developing prosecution and defense positions. You'll compete regionally and nationally, arguing your case in front of working attorneys and judges.

Is law school in your future? At Elmhurst, you'll gain the intellectual skills that law schools prize. And our pre-law advising program will help you navigate the admission process—and get in to the school of your dreams.

### A FLEXIBLE CURRICULUM

Elmhurst's pre-law program offers the flexibility to choose the majors and minors that interest you most. Law schools don't require any particular major; instead, they look for students who reason clearly, communicate effectively, and understand different perspectives—exactly the skills you'll develop through Elmhurst's liberal arts curriculum.

### A PERSONAL APPROACH

Elmhurst pre-law students meet regularly with a dedicated pre-law advisor beginning as early as the first year of college. Your advisor will guide you through the entire process of applying to law school, including LSAT prep, requesting recommendation letters and writing personal statements. It's all about helping you stay on the path to law school.

### REAL-WORLD EXPERIENCE

We'll connect you with internships, mentors and shadowing experiences that fit your interests. Elmhurst students preparing for law school have worked in law offices, legal clinics, community organizations, state legislatures, and even in the halls of the U.S. Capitol.

### IN THE HEART OF IT ALL

Our location—just outside Chicago—means big opportunities for you. You'll be close to courts, big law firms, large companies and other internship sites. And you'll have access to all the fun of one of the world's great cities.



“The pre-law program at Elmhurst gives you access to opportunities like Mock Trial, LSAT preparation, and speakers with a background in law. It's been very helpful in developing my skills and learning about law school.” — Tim Misner

**Lisa Woods, J.D.**

Pre-Law Advisor, Weigand Center for Professional Excellence  
(630) 617-6466 | [lisa.woods@elmhurst.edu](mailto:lisa.woods@elmhurst.edu)





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CAREER  
Education

CAREER  
Experiences

PRE-  
PROFESSIONAL  
Advising

## Russell G. Weigand Center for **PROFESSIONAL EXCELLENCE**

### START PLANNING A GREAT FUTURE

Ready for your launch to a dynamic career? The Weigand Center at Elmhurst will help you explore your passions, define your goals, ignite your professional curiosity—and prepare you to thrive in an ever-changing world.

#### ✔ Explore Careers and Define Your Strengths

Career preparation starts early at Elmhurst. As soon as your first year, we'll help you identify your interests, choose a major, set career goals and prepare for an effective job search. Our job shadowing program gives you the chance to accompany a professional through a workday to explore whether a particular career is a good fit. Our mentoring program connects you with a professional for ongoing career guidance. Our Career Education staff will help you craft a strong résumé and prepare for successful interviews, and you can use our services after you graduate.

#### ✔ Experience a Career Firsthand

An internship provides hands-on experience and boosts your marketability. The Weigand

Center has an extensive network of industry professionals, so your internship options are wide and varied. Our students have worked at hundreds of sites, including Ernst & Young, Ravinia, Argonne National Laboratory, Chicago Fire Soccer Club and Walt Disney World. Many of our internships lead to full-time job offers after graduation.

#### ✔ Prepare for Law School or a Career in Health Care

Planning a career in health care or law? We'll support you every step of the way. Our specialized advisors will guide you through the process of applying to professional school and make sure you're meeting all the program requirements. For students interested in health careers, we offer several early admission programs as well as a minor in medical humanities to support your examination of ethical issues in health care.

#### 📁 What We Offer

- Career Guidance
- Internships
- Résumé Reviews
- Mentoring
- Health Professions Advising
- Pre-Law Advising
- Career Fairs
- Job Listings
- Interest Assessments
- Job Shadowing
- Graduate School Guidance
- Alumni Career Advising

#### 📁 Sample Internships

- Aldi Corp.
- Argonne National Laboratory
- Blistex
- BMO Harris Bank
- Brookfield Zoo
- Chicago Fire Soccer Club
- Chicago Symphony Orchestra
- CME Group
- Easter Seals
- Elmhurst Hospital
- Ernst & Young
- Jewel-Osco
- Magnificent Mile Association
- Make-A-Wish Foundation
- Morgan Stanley
- NAMI-Dupage
- NBC Chicago
- Porte Brown
- Ravinia
- Robert Bosch
- The Chicago Dogs
- Walt Disney World
- William Blair & Company

“



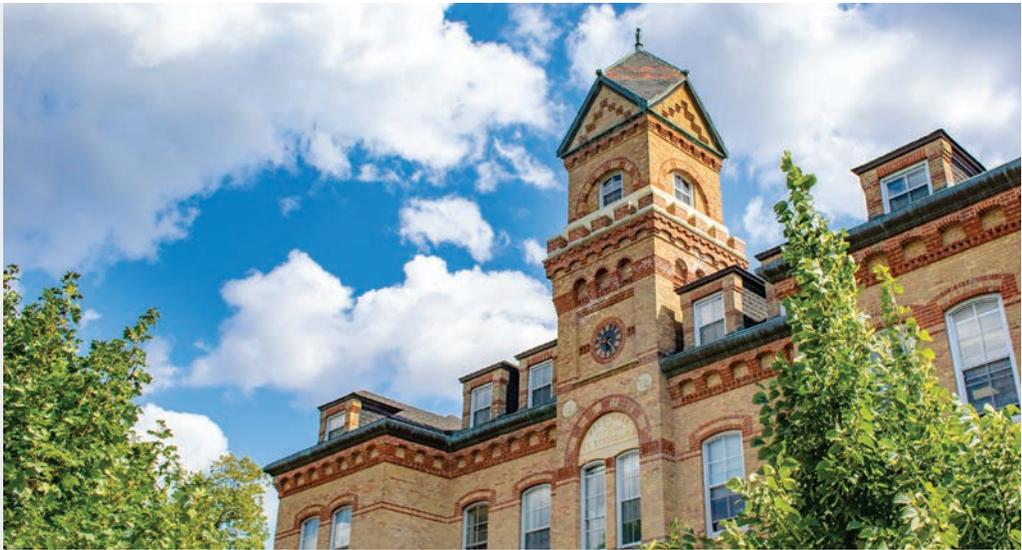
For my internship at CBS, I got to go to Cubs and White Sox events and interview managers, players, even owners. The internship has given me the professional experience and confidence I need to move forward as a sports journalist.

Christian Canizal



## Fast Facts

- 2,891** undergraduates
- 13:1** student-faculty ratio
- 0** courses taught by graduate assistants
- 60+** majors
- 15** preprofessional programs
- 100+** student clubs and organizations
- 20** Division III athletic teams
- 6** residence halls
- 968** students living on campus
- 10** sororities and fraternities
- 30** minutes from downtown Chicago
- 68** countries where students study abroad
- 100%** of new, full-time students receiving some type of financial aid
- 93%** of Elmhurst College graduates employed or in graduate school within a year of graduating



Students choose Elmhurst College for hundreds of reasons, from our welcoming community to our distinguished faculty and exceptional academics.

### Thrive at a Top College

Elmhurst ranks among the best colleges and universities in the Midwest, according to *U.S. News & World Report* and *Forbes* magazine. The College also ranks among the top schools in Illinois in *Money* magazine's nationwide list of Best Colleges for Your Money.

### You'll Get an Exceptional Education

No matter which of our 60-plus majors you choose, you'll learn from faculty who are scholars and experts in their fields. Classes are small here, so your professors will get to know you, take an active interest in your future, and help you find your own professional path.

### You'll Love Our Location

Our gorgeous campus is a green oasis in the heart of a quiet suburb—but it's also just a few blocks from the Elmhurst Metra station, where you can catch the train for a 30-minute ride to downtown Chicago. That means easy access to tons of fun and endless professional opportunities.

### You'll Get a Head Start on Your Career

At Elmhurst, you'll gain real-world experience starting your first year. Internships, professional mentors and shadowing experiences will help you define your future and give you the skills to reach your full potential. Employers love Elmhurst graduates, because they're ready to make valuable contributions from the first day on the job.

🌀 Elmhurst College will become **Elmhurst University** in June 2020



Office of Admission  
190 Prospect Avenue  
Elmhurst, Illinois 60126

(630) 617-3400  
admit@elmhurst.edu  
elmhurst.edu/wcpe

Apply today at [apply.elmhurst.edu](http://apply.elmhurst.edu)

## OUR STAFF

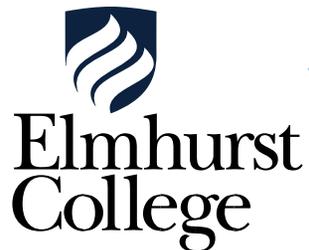
Our staff consists of licensed clinical psychologists and a masters level therapist who have experience in college mental health. We also have a psychiatric nurse practitioner who provides psychiatric consultation. Our staff are committed to providing the highest quality of care.

## EMERGENCY INFORMATION

If a student is an imminent threat to self or to others, contact Campus Security at (630) 617-3000 immediately. A 24-hour crisis hotline is also available through the DuPage County Department of Human Services at (630) 627-1700.

## COUNSELING HOURS

Available Monday through Friday by appointment



### The Wellness Center

Niebuhr Hall, Room 010  
Lower Level, East Entrance

**Office: (630) 617-3565**  
**Fax: (630) 617-3255**

[elmhurst.edu/student-life/health-and-wellness/](http://elmhurst.edu/student-life/health-and-wellness/)



**COUNSELING  
SERVICES**

Counseling services aimed at meeting the needs of the Elmhurst College community

## SERVICES

Counseling Services provides a variety of services to help students understand their problems and themselves, achieve more satisfying relationships, improve their academic performance and make more effective life and career choices.

### Individual, Couples and

**Group Counseling:** Individuals and couples can work one-on-one with a counselor or in a group to explore their concerns and work toward a better understanding and resolution of their difficulties. Counseling Services offers general and specific-topic groups. There is a 30-session limit for individual and couples counseling, with a 15-session limit per year, but there are no session limits for groups.

**Confidentiality:** We adhere to state law and the ethics of our profession, which means confidentiality is of the utmost importance.

**Psychiatric Services:** Psychiatric services are available to students who have been referred by a Wellness Center staff member.

### Psycho-Educational Workshops:

Counseling Services offers a Workshop-on-Request program. We'll come to your class, residence hall, group or team to present workshops on a variety of topics.

#### Some possible topics include:

- Assertiveness
- Stress Management & Relaxation
- Eating Disorders
- Body Image
- Depression and Suicide
- Coping with Anxiety
- Alcohol Use
- Healthy Relationships
- Communication Skills
- Domestic Violence
- Dealing with Divorce
- Mindfulness
- Anger Management
- Perfectionism

If you are interested in scheduling a workshop, please contact Counseling Services at (630) 617-3565 at least two weeks prior to the workshop to make arrangements. We ask that you have a minimum of 10 attendees at the workshop.

**Serenity Room:** The Wellness Center provides a room (NH 001) designed for relaxation and stress relief. The room is equipped with a light box, relaxation and meditation CDs and a variety of other resources to promote self-care.

**Self-Help Library:** The Self-Help Library offers resources on a variety of topics related to personal, social and health issues, as well as academic skills. We also offer screenings for depression, anxiety, eating disorders, and alcohol use.

**Referrals for Private Therapy:** If problems exceed the scope of our counseling focus, resources are not available within the college, or the session limit has been met, we will help students obtain private therapy outside of Counseling Services. An extensive referral binder is located at the Wellness Center to meet the diverse needs of the campus community.