

COMMUTER SURVIVAL GUIDE

Part 1: Welcome (The Core Guide)

This section targets immediate, high-priority "survival" information that incoming and transfer commuters need the moment they arrive on campus.

1. Welcome to the Journey

- **Introduction:** A new adventure like starting a new college experience, is daunting, thrilling, and everything in between. We want you to thrive, so we built this survival guide. It does not presume to be comprehensive, and it does not seek to provide all details. We want this to be a guide that points to where you might find more details. We hope that this tool might make your experience less daunting and more thrilling. *(TIP: If you have any questions, please do not hesitate to reach out to commuters@georgefox.edu)*

2. Immediate Points of Contact & Logistics

- **Your Point of Contact:** You have a dedicated team of [Commuter Assistants \(CAs\)](#) ready to support your academic, social, and spiritual needs. For immediate assistance, look for our team of student leaders in blue & yellow shirts.
- **[Where to Park on Campus:](#)** Historically, over 50% of our commuter population drives to campus. E-mobility devices (e-scooters/e-bikes) must be parked exclusively at outdoor bike racks; indoor storage or charging is strictly prohibited due to fire regulations. See the Campus Safety [Parking Map](#) which identifies where commuters can park.
- **Vehicle Registration:** All vehicles brought to campus must be registered with Campus Public Safety. Be sure to secure your commuter parking pass early. You can do this in your mygeorgefox portal and your parking pass will be sent to you. If you have different vehicles that you will be driving to campus, you must register them all and are allotted 3 vehicles under your name. *(TIP: Campus Public Safety begins ticketing after the first week of classes.)*
- **[Welcome Weekend Schedule:](#)** Keep an eye out for commuter-specific events during Welcome Weekend, including targeted onboarding sessions, a commuter-specific welcome, a Saturday orientation to the Hadlock Student Center, and Canyon Commons dining vouchers to help you feel at home right away.

3. Lounges & Essential Spaces

- **The Commuter Lounge/Foxhole (Klages Center Basement):** Your primary "home away from home". Open exclusively for commuters from 7:30 AM – 5:30 PM, Monday

through Friday (accessible via card lock to all students on evenings/weekends). It features a kitchen with microwaves, 3 refrigerators, coffee makers, kettles, and an honor bar stocked with snacks and quick-prep meals.

- **Where to Study on Campus:** When you aren't in the Foxhole lounge, popular spots include Hadlock Student Center, Klages Center, [Murdock Library](#), IRC (Intercultural Resource Center), building lobbies, and Canyon Commons. (*Tip: Don't resort to studying or napping in your car—utilize these community spaces!*)
- **Where to Shower on Campus:** Commuters have full access to the changing rooms and shower facilities located inside the Hadlock Student Center.
- **Where to find lockers on campus:** The Foxhole has limited semester use lockers you rent through the student life office; Hadlock has day use lockers on the first floor of HSC (*Tip: The day lockers are cleared every night.*)

4. Campus Dining Options & Food Security

- **Campus Dining:** Grab a bite or a drink between classes at Canyon Commons (the main dining hall), Bridge Cafe, or the Makers' Hub.
- **Snacks Across Campus:** If you need a quick pick-me-up, snack stations and PB&J ingredients are often available through Student Life, the Spiritual Life Office (SPIL), the Intercultural Resource Center (IRC), and the Foxhole.
- **Food & Grocery Resources:** The [Bruin Pantry](#) provides free groceries and food items for any student facing food insecurity.
- **Leftovers Program:** Keeps you connected with campus dining surpluses so food doesn't go to waste. (*Tip: Watch in Daily Bruin for updates.*)

5. Academic Foundations & Emergency Preparedness

- **Chapel Credits:** Chapel attendance is a vital component of the George Fox experience. Remember, you need 15 chapel credits every semester. 10 of them need to be through Spiritual Life Chapel Credits; the other 5 can be elective credits. (*Tip: Don't fall behind!*)
 - **Scanning In:** To be given credit for attending a chapel service, students must have their [iattended account](#) scanned by a chapel greeter before exiting the auditorium. (*Tip: You can download this app at any time. It is called iattended*)
 - **Emergencies & Inclement Weather:** Stay alert for campus-wide alerts via Campus Public Safety and FoxAlert. In the event of severe weather, check your email and university channels for delays or remote learning adjustments.
 - **What if I'm Sick?:** If you are unwell, communicate with your professors immediately. Local medical, mental health, and pharmacy referrals can be coordinated through Student Life channels upon request.
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Part 2: Campus resources, community groups, and engagement funds

This roadmap outlines campus resources and groups .

Week 1: Navigating Off-Campus Housing & Community Funds

- **[Finding a Rental Home](#)**: Educating yourself on off-campus living, tenant rights, safety, and financial literacy. Lean on the Commuter Life network for peer recommendations on local housing options. (*TIP: Bruin Boards and GFU Housing on Facebook are other reliable ways to locate available off-campus housing.*)
- **What is the CLF (Community Life Fund)?**: This student-led fund is explicitly designed to back student (including commuter) engagement. Managed by a sub-team of Commuter Assistants, the CLF reviews, approves, and reimburses proposals for community-focused events and initiatives. (*Tip: Watch for details in Daily Bruin.*)

Week 2: Academic Success & The ARC

- **What is the ARC ([Academic Resource Center](#))?**: Your hub for maintaining academic excellence.
 - **Tutors**: Access peer tutoring for challenging, major-specific courses.
 - **Writing Resources**: Get feedback on essays, research papers, and technical reports.
 - **Learning Skills**: Workshops and one-on-one coaching for time management, study habits, and test-taking strategies.

Week 3: Culture, Belonging, & The IRC

- **What is the IRC ([Intercultural Resource Center](#))?**: A vibrant space dedicated to fostering a diverse, inclusive campus where every student is welcome. Over 30% of our commuter population identify as students of color, making the IRC a vital campus bridge.
 - **[First-Gen Programs](#)**: Tailored mentorship and guidance for students who are the first in their families to attend college.
 - **[Multicultural Orgs](#)**: Focused networking, leadership development, and community-building events.
 - **[Soulfood Friday](#)**: A campus-favorite tradition featuring great food, deep fellowship, and cultural celebration.

Week 4: Health, Fitness, & Recreation at Hadlock

- **What is Hadlock?**: The [Hadlock Student Center](#) is your premier fitness and recreation facility. It features:
 - **Fitness Center**: Fully equipped weight rooms and cardio equipment.

- **Intramurals:** Sign up for recreational sports leagues, including commuter-specific intramural teams.
- **[Rental Center](#):** Check out outdoor gear (camping equipment, kayaks, etc.) for your weekend adventures. (*Tip: In our opinion—best prices in the metro area!*)
- **[Climbing Wall](#):** A massive indoor climbing facility open to all skill levels.

Week 5: Spiritual Growth, Soul Care, & Service Programs

- **What is a [Lifegroup](#)?:** Small, student-led spiritual communities that meet consistently to study scripture, pray, and build authentic connections. Keep an eye out for specialized groups, such as the Veteran Lifegroup.
 - **What is [Serveday](#)?:** George Fox's annual campus-wide day of service where the university pauses normal operations so students and staff can serve local communities together. Commuter Life hosts its very own commuter *Serveday* team so you can serve side-by-side with fellow commuters.
 - **What is the [Spiritual Mentoring program](#)?:** A relational journey designed to pair you with a wise, spiritually mature guide—such as a faculty member, staff leader, or trained companion—who meets with you regularly over a period of time. Unlike academic tutoring or casual counseling, spiritual mentoring focuses deeply on your personal relationship with God, helping you unpack your unique story, discern the Holy Spirit's movement, and discover what God is doing in your life.
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Part 3: Campus Life & What the Community Does

This section serves as your roadmap to campus engagement, detailing how you can connect, perform, compete, and grow beyond the classroom. Being a commuter doesn't mean missing out on the vibrant George Fox community!

1. Student Engagement & Campus Traditions

- **[Student Activities](#):** From classic Friday night dances and outdoor movie nights to seasonal campus traditions, the student activities team keeps the campus alive after hours. Don't rush home after your last class—stick around for community events.
- **[Student Clubs](#):** With dozens of student-led organizations ranging from academic societies and professional networks to hobbyist groups, there is a sub-community for everyone. Joining a club is one of the easiest ways for commuters to build a consistent circle of friends.

2. Athletics, Recreation, & Competition

- **Intramurals:** Want to stay active without the commitment of varsity sports? Sign up for recreational sports leagues through Hadlock. Look out for commuter-specific intramural teams so you can compete alongside fellow commuters.
- **Athletic Games:** Grab your student ID and head over to support the Bruins! Admission to all home athletic events is free for students. The student section is a high-energy environment you won't want to miss.

3. Fine Arts & Performances

- **Choir Concerts & Recitals:** Experience the incredible musical talent on campus. Regular vocal performances, instrumental concerts, and student recitals take place throughout the semester, offering a perfect, relaxing cultural break between study sessions. (*The Christmas concert is particularly spectacular!*)
- **[Plays and Theater:](#)** George Fox boasts a rich theater program. From classic dramas to contemporary comedies and musicals, make sure to catch the mainstage productions hosted by the University Theatre department.

4. Conferences & Growth Opportunities

- **Spiritual Life Conferences:** Deepen your faith alongside the campus community. These multi-day gatherings bring in guest speakers, theologians, and worship leaders, providing dedicated spaces for spiritual renewal and chapel credit opportunities.
- **Intercultural Life Conferences:** Expand your horizons and engage in meaningful dialogue. Hosted in collaboration with the Intercultural Resource Center (IRC), these events explore topics of diversity, global leadership, and cultural celebration, helping build a stronger campus community.
- **[Educational Conferences and Speakers:](#)** Academic departments, campus leadership, and external guests routinely host special lectures and presentations open to all students.