Welcome Families!

Parent and Family Programs are here to be a support to you while you have a student at George Fox University. We believe that by creating an intentional community for parents and families, they are better able to serve as a resource for their student as they grow spiritually, academically, and into their desired career. We want them to achieve exceptional life outcomes!

The transition to university systems can be complicated and comes with many outlets for information. Student life and university staff communicate well with students, and information is always available for them through meetings, emails, the student handbook, and visual communication on campus.

Our hope is that this handbook can give you a landing page to find answers to some of your most pressing questions and concerns. Don’t hesitate to refer to this handbook at any point in your student’s academic career. You may find that, as your student progresses, your questions change as well. We do not expect you to be an expert in your student’s college experience. Remember, your role and goal is not to provide all of the answers to your student, but rather to provide a listening ear in an advisory role. We are here to assist you in supporting your student and yourselves during their time here.

If you have additional questions, please don’t hesitate to reach out to me. I am happy to help advise or get you pointed in the right direction. Thank you for supporting your student, and we look forward to celebrating their accomplishments at commencement!

Blessings,
Megan Fisher
Director of Parent & Family Programs

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Parent and Family Groups on Campus

Parent Association
As the parent, guardian or supporting family member of a George Fox University student, you are already a member of the Parent Association and a vital part of the George Fox community.

There is no cost associated with the Parent Association, and it exists to support the university and our students. We have many ways to get involved with campus, including:

Outreach and events
The IDEA Center
Spiritual formation
The Den (regional parent groups)
Family Weekend
Attend sporting events, concerts, etc.
Collegiate Day of Prayer
Instagram (GeorgeFoxFamily)
Facebook page (George Fox University Parents)
George Fox website (georgefox.edu/parents)

Parent Leadership Committee
This is a smaller group of families who have students involved in a broad variety of majors and extracurricular activities. This group acts as an advisory group to the university president and director of parent and family programs. They meet up to three times each year, and membership is by invitation only.

Parents and Family Events

Fox Family Weekend
October 28 - 30, 2022
Parents, siblings, grandparents or anyone in a student’s support system are welcome to join us for this annual event. Whether you are a recent addition to the university family or the parent of a student who will graduate soon, you will enjoy being on campus and taking part in the classes, culture and faith that are shaping and defining your student.

During this event you can meet professors, attend a play, concert or sporting event, participate in Family Bingo, and so much more! Registration will typically open the first week of September.

We hope to see you there!

George Fox University Collegiate Day of Prayer
February 23, 2022
Sponsored by the George Fox University Parent Leadership Committee, we welcome all families and friends to participate in the George Fox University Collegiate Day of Prayer. We ask that you join us in devoting time to prayer for the students, faculty and administration of George Fox University. This is a virtual event, but a prayer guide will be provided on our webpage and on Facebook.

Pray where you have time, in groups or alone.
Pray where you feel led; every prayer counts.

For a comprehensive university calendar of events, visit georgefox.edu/calendar
2022—2023

Place these dates on your calendar!

July/August .............. Summer Social events (see Den page)
August 26 ............... Welcome Weekend & check-in for new students
August 27-28 ............ Check-in for returning students
August 29 ............... Fall semester classes begin
October 1 ................. FASFA submission open for school year
October 7 ................. Mid-semester break (no classes)
Oct. 28-30 .............. Fox Family Weekend
November 24-25 .......... Thanksgiving holiday
December 12 .......... Study Day (no classes)
Dec. 12-16 .............. Finals week
Dec. 17 ................. Residence Halls close for Winter Break (noon)
December 17 .......... Mid Year Commencement
January 7 ............... Residence halls open (Noon)
January 9 ............... Spring semester classes begin
January 22 .............. MLK holiday (no classes)
February 10 .......... Mid-semester break (no classes)
February 23 .......... Collegiate Day of Prayer
March 19 .............. Residence halls close for Spring Break (noon)
April 1 ................. Spring Break Residence halls open (Noon)
April 24 ............... Study Day (no classes)
April 24-28 .......... Finals Week
April 29 ............... Spring Commencement
April 29 ............... Campus housing check-out (by Noon)

How to Connect with Your Student on Campus

Students love to hear from you whether it is by phone, email or mail.

Calling Your Student

All students need to provide their own phone. Students are also able to call using the phone in the RA offices.

Email Your Student

All students are issued a George Fox Google Suite account, which includes email, Google docs and sheets, and other Google applications. Students can forward this account to other email accounts, but all university communication will be sent through their university email.

Send Mail to Your Student

If you wish to send a care package, use the address formula below to send letters, magazine subscriptions, and ever-popular care packages. When students receive a package, they are notified through their George Fox email account. It is up to the student to check their mailbox for letters or other information that may come via mail.

How to Address Mail to Your Student

Name of Student
George Fox University
501 N. Meridian St. *Box Number
Newberg, OR 97132

Box numbers are assigned to students in August. Student box numbers will remain the same until they graduate.
## Campus Contact Information

All phone numbers start with 503-554 followed by the Ext.

<table>
<thead>
<tr>
<th>Department</th>
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<td>Information Services</td>
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<td>IT Service Desk</td>
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<td>President’s Office</td>
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<td>Student Life</td>
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### Description of Department

- **Academic Affairs**: Evaluation/curriculum development, student academic needs, and institutional assessment
- **Admissions (Undergraduate)**: Applying, majors/minors
- **Advancement**: University growth/financial support/donations/scholarships
- **Alumni Relations**: Connecting/involvement, Board of Directors, benefits/programs
- **ARC (Academic Resource Center)**: Student academic help in tutoring/study and time management skills
- **Athletics**: University sports, facilities, and information
- **Bon Appétit**: University cafeteria/caterer
- **Campus Security**: Campus safety
- **Disability & Accessibility Office**: Accommodations, testing, other services
- **Health and Counseling**: Medical and counseling services on campus
- **Career & Academic Planning Center**: Career/academic planning and help
- **Information Services**: Dialing, phone, and voicemail support; question guidance/support
- **IRC**: Intercultural Resource Center
- **IT Service Desk**: Technical support/computer help desk
- **Mail Services**: Mailing package drop-off/pick-up
- **Murdock Library**: Library/research services
- **Parent and Family Programs**: Help and connections for families with a current undergraduate student
- **President’s Office**: President Baker’s office
- **Registrar**: Student resources/forms/registration
- **Residence Life**: Living area events/activities; student Resident Assistant (RA) positions and applications
- **Spiritual Life**: University pastors support, plan and conduct chapel and other spiritual activities
- **Student Financial Services**: Financial aid and student accounts
- **Student Life**: Finding community and involvement outside of the classroom

Note: all students retain a financial counselor based on alphabetical last name
Student Development/Stress Calendar

**Summer**
- Withdrawal from hometown friends
- Feeling of frustration, intense emotions, or short tempers
- Experimenting with independence
- Exhaustion from work and internships
- Summer relationships or reconnecting to a relationship at home
- Learning how to take and adjust medications, schedule appointments, book travel, etc.

**January**
- May be refreshed and ready to attack the next semester
- Rains can continue. We may see snow this month if we are going to get any.
- Students get excited for Juniors Abroad

**February**
- Students begin to have anxiety about who they should live with and where they want to live for the coming year.

**March**
- Sophomores look forward to Tent City (all students stay in tents in the quad in anticipation of registering for their Juniors Abroad trip)

**April**
- Figuring out how to stay connected with college friends
- Seniors really panic or are in denial about what to do after college
- Lots of goodbyes and some students may have a sense of being stuck between two worlds now.

**September**
- Issues with eating well or eating disorders
- Intense excitement about their college experience and expectations

**October**
- Issues with eating well or eating disorders
- Rainy season begins which can contribute to general malaise or depression.
- Students realize that they need to buckle down on their responsibilities in class.

**November**
- Coordinate trips home for holidays
- Review finals and exam schedules
- Prepare for Midyear Commencement
Parent and Family Concerns

College students are going through many stages of growth and change in these next few years. That also means big changes for your family. Here are a few things that can help you move toward healthy adult relationships.

- Be prepared for your own psychological impact. You may have feelings of excitement, regret, sadness, pride, etc.
- Be aware of how your partner or other children are reacting
- Continue to include and inform your student in major family decisions (i.e. health of family, financial aspects, home life events such as moves)
- You may have some time that you could now commit to other personal interests (take a class, find a hobby, get a pet, go to the gym more often).
- Continually reevaluate your budget
- You may receive some calls from your students. Don’t forget to check the student development/stress calendar.
- Your student will be maturing and becoming more independent while they are at George Fox. Be prepared to interact with them on a different level when they are coming home.
- Transportation issues
- Can they drive or fly home?
- Budgeting for a car
- Set expectations for breaks and vacations
- Summer jobs
- Helping around the house
- House rules for the good of everyone (who is doing laundry, meals, etc.)
- Set expectations for after graduation. Are they...
  - Living at home? If so, are they paying rent?
  - Getting a job?
  - Going to grad school?
- Be prepared for them to be totally independent, move out of the area, get married, etc.

Your Student’s Health on Campus

Medical Services

Students are assessed a fee each semester that provides free access to the professional services located in Health and Counseling Services even if they are not on the university student insurance plan. Medical care on campus is provided by a medical practitioner and a full-time registered nurse. Students are seen by appointment and often can get an appointment the same day they call.

Counseling

Counseling services are available to help students with personal, emotional, and academic problems. Because students deal with stress, developmental issues, and occasionally more serious emotional problems, many utilize professional counseling.

For more details on health and counseling services available, please visit www.georgefox.edu/offices/hea_cou/index

All Health and Counseling services are completely confidential for students.
A Christ-Centered community . . .

...prepares students spiritually...

The community gathers for prayer, worship and reflection centered around Christ in regular chapel opportunities each week. We actively listen to God’s call on our lives, both as individuals and as Christ’s diverse “body” at Fox. Because George Fox University highly values being a Christ-centered community that prepares students spiritually, as well as academically and professionally, each student is required to obtain at least 30 chapel credits over the course of one school year (15 Fall credits & 15 Spring Credits). To be given credit for attending a chapel service, students must have their George Fox ID card scanned by a chapel greeter before exiting the auditorium. Some ongoing chapel electives are Spanish Chapel, Contemplative Worship (unprogrammed), and Fellowship of Christian Athletes. More details are available on the Spiritual Life website.

MoMo Devo (Monday Morning Devotional)
Join the University Pastors for a short devotion every Monday morning.
(Digital Only)
Digital | Mondays

Wednesday Evening Vespers
Worship through music and teaching through Scripture by pastoral team and guest speakers
7 p.m. | Bauman Auditorium & Residence Halls | Wednesdays

Tuesday Morning Chapel
Worship through music and teaching by George Fox staff and guest speakers
10:50 a.m. | Bauman | Tuesdays

View Tuesday Morning Chapel and Vespers recordings here

... to think with clarity, act with integrity ...

Spiritual Life is located in the Barclay House and is where our university pastoral team offices are housed and where pastors are available to meet with students for prayer and pastoral care/spiritual counseling, and in times of crisis. All pastoral counseling is completely confidential.

Our Spiritual Life team partners with local churches and ministries to encourage students to find a local faith community outside of campus.

SpIL interns and Life Group leaders are recruited each year to serve as cultivators of spiritual friendships, small-group discipleship and Christian community throughout campus, primarily through leading worship gatherings in the various living areas; initiating one-to-one spiritual companionship and accountability with peers; and forming and facilitating Life Groups on and off campus for ongoing reflection on integrating Christian vision and practice in students’ daily lives.

... and serve with passion!

Students are encouraged, recruited and supported in a variety of efforts to come alongside as neighbors to people in need all around us and abroad. Students can volunteer locally as “Little Bruin” mentors (to Newberg elementary through high school students), Adopt-a-Grandparent volunteers, through James Project, as well as developing need-meeting friendships with those living homeless through weekly Urban Services to Portland and Salem. Students will be informed about these opportunities in chapel/Shalom.

During the winter, spring and summer breaks, we recruit, prepare and send out various volunteer teams on one-week Serve Trips to downtown areas of Portland, Seattle, Southern California, and other locations domestically.

We also host four-week trips to various locations, joining Christian organizations abroad with which we are developing long-term global partnerships (i.e. Peru, Swaziland, Romania, Moldova, etc.). Students will have a chance to both learn about these opportunities and submit applications for these trips on campus every October.
Newberg-Area Churches

Northwest Christian Church  
2315 Villa Rd, Newberg

Family Life Church  
502 S St Paul Highway, Newberg

Chehalem Valley Presbyterian Church  
530 E Edgewood Dr, Newberg

Newberg Church of Christ  
2503 Hawthorn Ave, Newberg

Countryside Community Church  
18810 SW Kruger Rd, Sherwood

C3 Newberg  
1025 Industrial Pkwy, Newberg

Journey Church  
22689 SW Pine St, Sherwood

Sherwood Community Friends Church  
23264 SW Main St, Sherwood

Newberg Nazarene  
23177 Old Yamhill Rd, Newberg

Calvary Chapel  
611 N Main St, Newberg

Church of the Vine  
115 W. 3rd St, Newberg

Colossae Church  
12244 SW Garden Pl, Tigard

River Street Church of God  
715 S River St, Newberg

St. Peter Catholic Church  
2315 N Main St, Newberg

Northside Community Church  
1800 N Hoskins St, Newberg

West Chehalem Friends Church  
16700 NE North Valley Rd, Newberg

North Valley Friends Church  
4020 N College St, Newberg

Newberg First United Methodist  
1205 Deborah Rd, Newberg

Grace Chapel  
9025 SW Hillman Ct #3128, Wilsonville

Joyful Servant Lutheran Church  
1716 Villa Rd, Newberg

Newberg Friends Church  
307 S College St, Newberg

Southwest Bible Church  
14605 SW Weir Rd, Beaverton

Rock Point Church  
4301 N College St, Newberg

Red Hills Church  
2400 Douglas Ave, Newberg

Grace Baptist  
1619 E 2nd St, Newberg

Timberline Baptist  
24645 SW Old Highway 99 West, Sherwood

A full list and interactive map of churches can be found on the Spiritual Life webpage

www.georgefox.edu/offices/spirituallife/local-churches
Student Support

Emergency Funds

Textbook Fund

The purpose of the Textbook Assistance Fund is to provide assistance to undergraduate students who are unable to purchase required textbooks due to financial hardship. The fund is intended to assist students by providing financial support where a clear need exists. The Textbook Assistance Fund is administered by the director of Learning Support Services in consultation with appropriate faculty or staff members.

Requests for financial assistance can be submitted on behalf of a needy student by the student, a faculty member, staff member, parent, friend, or relative. The request should be made using the “Textbook Assistance Request Form” available on the website at ssn.georgefox.edu.

Student Emergency Fund

Typical applications of this fund might include the purchase of airline tickets (or provision of gas money) for a student to go home to attend the funeral of an immediate family member, money to help cover a medical emergency (where insurance coverage and/or George Fox Health and Counseling Center offerings are inadequate), money for groceries where there is financial exigency, or other crisis situations.

The Student Emergency Fund is administered by the vice president for student life in consultation with the appropriate staff member(s). Requests for financial assistance can be submitted on behalf of a needy student by another student, faculty member, staff member, parent, friend, or relative. The request should be made in writing using the “Emergency Fund Request” form available in the Student Life office on the third floor of the Stevens Center.

Bruin Community Pantry

Bruin Community Pantry includes a food pantry, leftovers program, closet, and education. It is an initiative spearheaded by the Student Life office and is open to all students. On-campus resources include hospitality tables located in several buildings across campus, an educational kitchen, and pantry center. Students are also provided with additional information on how to access local food banks and resources. Families are welcome to make donations in food to the Student Life office or in funds through this website (designate your gift to the Bruin Community Pantry).

Student Support Network

The Student Support Network (SSN) is a small team of faculty, staff and administrators representing a variety of departments who confidentially discuss appropriate and timely interventions for students in need of assistance or support.

SSN Goals

To encourage students’ persistence to graduation and their active pursuit of God’s call on their lives ...

→ By identifying and supporting students who are struggling academically, socially, or personally, or who may be considering withdrawing from George Fox

→ By assigning an appropriate person to follow up with the student

→ By pointing the student to available resources

If you are concerned about a student, please click on this link to access our Intervention Alert Form and follow the form prompts. Families will not receive feedback resulting from an intervention alert.
The George Fox security program is based on Department of Public Safety Standards and Training-certified officers. Campus Public Safety personnel believe all students and staff are vital elements in maintaining a safe campus, and their input is encouraged and valued.

The security department patrols the campus on a 24/7 basis as part of its role in crime prevention. Campus Public Safety responds to all calls for assistance, and when necessary contacts the Newberg Police Department for assistance and back-up. Campus Public Safety maintains regular communication with local law enforcement and has a very good working relationship with them.

Our security office provides the following services:

- Safety Escort Service - Call 503-554-2090
- Lost and Found - Claim lost and found items at the security office during office hours.
- Blue call boxes located around campus call directly to security.

Fox Alert

Students should make sure they keep their profile current in their MyGeorgeFox accounts. There is a place for all students to have an emergency contact listed there and in our housing portal. If there is an emergency or information that needs to get sent out to the campus community, the Fox Alert systems use the number provided by students to relay that information. Tests are conducted every semester.

Emergency Plans and Communication

In case of emergency or a significant issue on campus, the director of parent and family programs will be a main source of information for families and friends of current students. An emergency is defined as a sudden state of danger that occurs unexpectedly and demands immediate action to protect the health and safety of individuals within the institution and the university itself (from the University Emergency Response Plan).

To be best prepared for emergencies we highly encourage every student to have a 14-day supply of food and water in their room under a bed or desk. These kits have a five-year shelf life and would be a great size for students to store under a bed or within reach if needed. Visit this page to read more about emergency kits.

Recommended Basic Disaster Supplies Kit
(as recommended by ready.gov)

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. A basic emergency supply kit could include the following recommended items:

- Water - one gallon of water per person per day for at least three days, for drinking and sanitation
- Food - at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Cell phone with chargers and a backup battery

Download the Recommended Supplies List (PDF)

Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lens solution
- Cash or traveler’s checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Water filtration system (tablets, filtration straws, etc.)
- Fire extinguisher (provided in all university housing)
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
Student Life
studentlife.georgefox.edu

Student Lifestyle Agreement and Community Expectations

It’s important for parents to understand the numerous elements of their student’s journey at George Fox University. One of the key documents that outlines the student experience is the Student Handbook. This defines our community: who we are, what we’re about, how we live and journey together, and the expectations for those who have chosen to become members of our community. The Student Handbook is important for students to read and understand, so they can fully engage in all facets of being a student.

When students become a member of the George Fox community they sign a statement, as part of the application process, agreeing to abide by the Lifestyle Standards and Values, as well as the Community Policies outlined in the Student Handbook for as long as they are enrolled as a student. We also believe it’s essential for parents to understand this information so it can further clarify and define the experience of their student.

The Student Handbook is only available online and can be accessed by student and parents alike at studenthandbook.georgefox.edu

The following elements are included in the handbook:

Community at George Fox University
This section begins to describe what we believe, our focus of being a distinctly Christ-centered community, and the importance of developing loving and healthy relationships.

Guiding Principles for Our Community
This portion highlights biblical expectations, honesty and integrity, university expectations, the lifestyle standards and values, and the responsibilities of living in our community.

Community Accountability
This segment describes the purpose and the process for community accountability and how we respond in these situations. It also includes helpful information about the Good Standing Policy, the Student Support Network (SSN), and the Responsibility for Self-Care Policy.

Community Policies
This section includes an informative list of the policies that are important for students to understand and abide by. These include elements such as: Anti-Discrimination and Anti-Harassment Policy, Bias-Related Incidents and Hate Crimes, Substance Use and Abuse, Sexual Purity, the Discernment Policy, and various safety and security issues.

Communications Statement
This addresses the expectations for students regarding communication from the university in several areas.

Frequently Asked Questions
This section outlines several frequently asked questions about the policies, guidelines and expectations for students.

Residence Life – Housing
In addition to the policies listed above, students living in campus housing can find helpful information and guidelines they are responsible to abide by within their residential living and learning experience.

Student and parents who have questions about any aspects of the Student Handbook are encouraged to contact Mark Pothoff, dean of community life in the student life office, at mpothoff@georgefox.edu
Student Organizations and Leadership

At the beginning of each semester, students are given opportunities to think about and become involved in specific activities. A wide range of opportunities exist for students to become involved in organizations and leadership while at George Fox University. Some options include community service, Little Bruin, Urban Services, Serve trips, ASC student government, intramural athletic teams, campus clubs, peer advisors, etc.

For more information, please visit studentlife.georgefox.edu or asc.georgefox.edu

Intercultural Resource Center

The Intercultural Resource Center (IRC) exists to serve students by creating and sustaining an active and engaging intercultural campus life. Through programs, events and resources, we are empowering students to achieve exceptional life outcomes and to make a positive impact in our local and global communities.

The IRC staff oversees all multicultural organization clubs in association with professional staff club advisors and student activities.

Intercollegiate Athletics

At George Fox University, student-athletes pursue conference and national titles at a Christ-centered university where athletic competition hinges on what is learned in classrooms and practices. George Fox teams are members of the Northwest Conference and compete in Division III of the National Collegiate Athletic Association (NCAA).

To see a listing of all sports available at George Fox and the season schedules, please visit athletics.georgefox.edu

Career & Academic Planning Center

The Career and academic planning office works with students to equip them for success academically and in the job market, while also collaborating with faculty, employers, community organizations and alumni to offer our students opportunities for experiential learning, whether through internships, field experiences, summer employment, or jobs after graduation.

The 4:3 Plan

The 4:3 Plan is a personalized academic roadmap that integrates academic and career planning to help guide a student’s journey here at George Fox. This living document helps to make the most of their four years and three summers at the university, with the end goal of equipping them with the knowledge, skills and experience necessary to succeed beyond graduation.

This tool integrates academic, co-curricular, and professional experiences in an effort to ensure that students are not only on track to graduate in a timely manner, but also an excellent candidate for whatever career path they choose.

Handshake: Our Online Career Services Platform

- Discover internship options through searching by major
- Search for internships on and off campus targeted to George Fox students
- Find on campus employment
- Connect with employers and students who previously worked for those companies through the comment function on postings and information sessions
- Prepare for a successful search by viewing and enrolling in upcoming workshops and career labs

Current undergraduate students already have an account. Log in with your username and password.

Calling & Career Courses

We offer three one-credit courses that focus on your personal and professional development as you prepare for your life after graduation.

Discover Your Calling (CPAS 214): A course focused on self-discovery and understanding in relationship to vocational calling, values, interests, strengths development and personality. Educational and career pathways are examined through examination of major selection and clarifying one’s calling.

Internships: Finding, Landing and Succeeding (CPAS 216): The purpose of this course is to teach and equip students to effectively identify, pursue and obtain quality experiential learning experiences across various academic disciplines as an enhancement to their academic experience.

Navigating College to Career (CPAS 318A & 318B): This course focuses on developing an awareness and understanding of your professional identity while cultivating practical skills and tools to market yourself to potential employers.

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Intercollegiate Athletics

At George Fox University, student-athletes pursue conference and national titles at a Christ-centered university where athletic competition hinges on what is learned in classrooms and practices. George Fox teams are members of the Northwest Conference and compete in Division III of the National Collegiate Athletic Association (NCAA).

To see a listing of all sports available at George Fox and the season schedules, please visit athletics.georgefox.edu