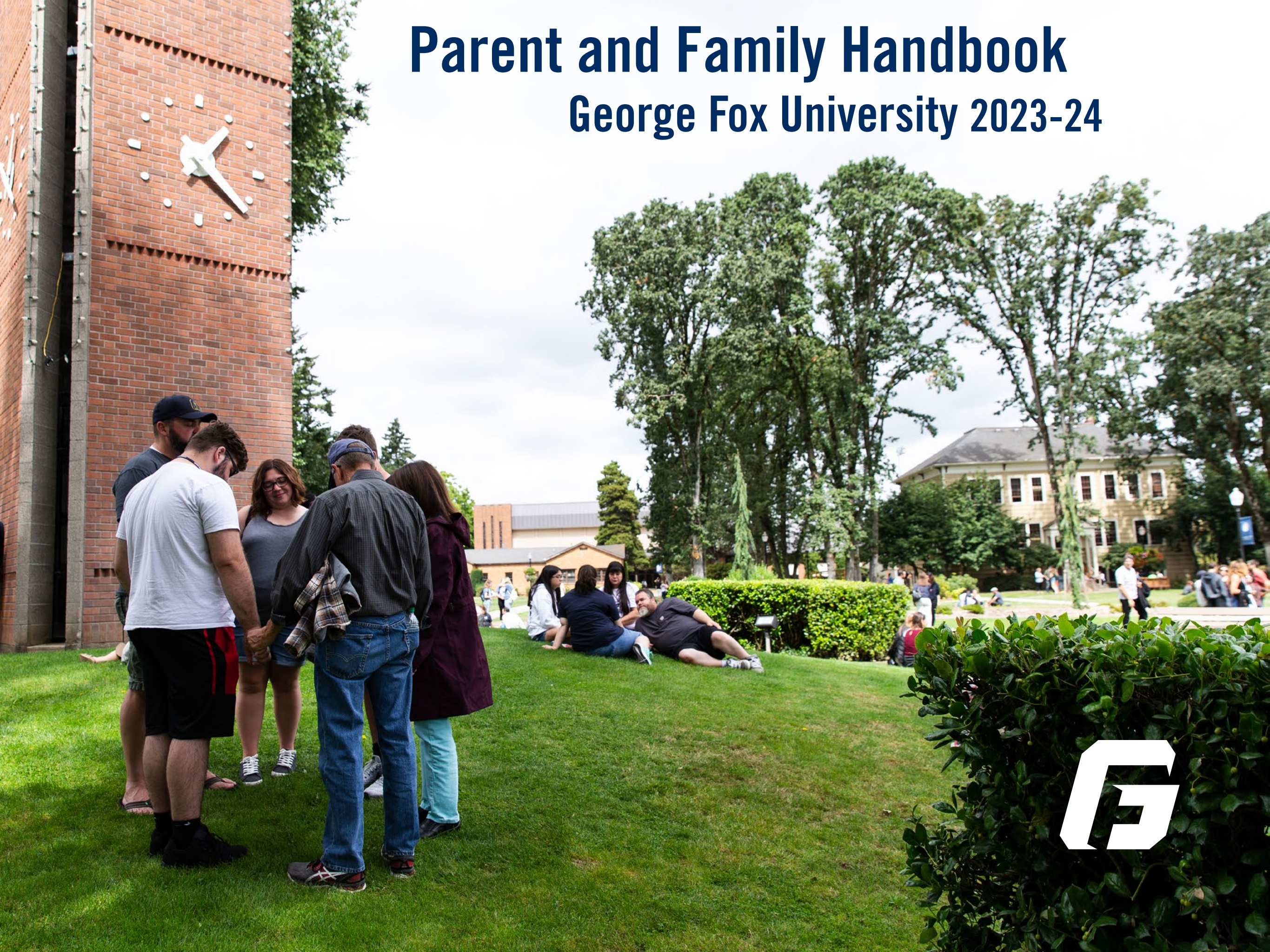


Parent and Family Handbook

George Fox University 2023-24



Welcome Families!



The Office of Parent and Family Programs is here to be a support to you while you have a student at George Fox University. We believe that creating an intentional community for parents and families will better equip you to serve as a resource for your student as they grow spiritually and academically, and into their desired career. We want to see them flourish and achieve an exceptional life outcome!

The transition to university systems can be complex, as there are 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 serves as a resource 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 automatically a member of the Parent Association and a vital part of the George Fox community.

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

Outreach and events

Career & academic planning

Spiritual formation

The Den (regional parent groups)

Family Weekend

Attending 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 wide range 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

Family Weekend

October 27-29, 2023

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 22, 2024

Sponsored by the George Fox University Parent Leadership Committee, the Collegiate Day of Prayer is an annual event, during which we invite all families and friends to join us in prayer for the students, faculty and administration of the 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](#)

2023-24

Place these dates on your calendar!

July/August	Book club for new families
Aug. 25	Welcome Weekend & Check-in for new students
Aug. 26	Check-in for returning students
Aug. 28	Fall semester classes begin
Oct. 13	Mid-semester break (no classes)
Oct. 27-29	Family Weekend
Nov. 23-25	Thanksgiving holiday
December	FAFSA submission open for school year
Dec. 11	Study day (no class)
Dec. 11-15	Finals week
Dec. 16	Residence halls close for winter break (noon)
Dec. 16	Midyear Commencement
Dec.16 – Jan. 7, 2024	Winter break
Jan. 5	Residence halls open (noon)
Jan. 8	Spring semester classes begin
Jan. 15	MLK holiday (no classes)
Feb. 15-16	Mid-semester break (no classes)
Feb. 22	Collegiate Day of Prayer
Mar. 23	Residence halls close for spring break (noon)
Mar. 25-29	Spring break
Mar. 31	Residence halls open (noon)
Apr. 22	Study day (no classes)
Apr. 22-26	Finals week
Apr. 26	Baccalaureate
Apr. 27	Spring Commencement
Apr. 27	University housing check-out (noon)
Apr. 28	Graduating seniors housing check-out (5 p.m.)

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 phones in 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.

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.

	Ext.	Description of Department
Academic Affairs	2140	Evaluation/curriculum development, student academic needs, and institutional assessment
Admissions (Undergraduate) .	2240	Applying, majors/minors
Advancement	2115	University growth/financial support/donations/scholarships
Alumni Relations	2118	Connecting/involvement, Board of Directors, benefits/programs
ARC (Academic Resource Center)	2327	Student academic help in tutoring/disability services/study and time management skills
Athletics	2910	University sports, facilities, and information
Bon Appétit	2500	University cafeteria/caterer
Campus Security	2090	Campus safety
Health and Counseling	2340	Medical and counseling services on campus
Career & Academic Planning Center	2330	Career/academic planning and help
Information Services	8383	Dialing, phone and voicemail support; question guidance/support
IRC	2323	Intercultural Resource Center
IT Service Desk	2569	Technical support/computer help desk
Mail Services	2555	Mailing package drop-off/pick-up
Murdock Library	2410	Library/research services



Parent and Family Programs . .	2112	Help and connections for families with a current undergraduate student
President’s Office	2101	President Baker’s office
Registrar	2210	Student resources/forms/registration
Residence Life	2310	Living area events/activities; student Resident Assistant (RA) positions and applications
Spiritual Life	2320	University pastors support, plan and conduct chapel and other spiritual activities
Student Financial Services . . .	2301	Financial aid and student accounts <i>Note: all students retain a financial counselor based on alphabetical last name</i>
Student Life	2310	Finding community and involvement outside of the classroom

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
- Excitement from work or 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 (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

George Fox University has partnered with Providence Health & Services to provide medical care for students. They are co-located on the Newberg campus with the university's counseling services and offer access to a nurse and primary care provider, as well as referrals for specialty care. Access to medical care is through private insurance. If the student doesn't have their own insurance plan or isn't insured through their family plan, they may purchase a policy through the university. Students are seen by appointment, and drop-in and virtual appointments are available.

Counseling

We encourage students to connect with mental health providers who can offer ongoing support virtually and in their home city. However, students are assessed a fee each semester that funds access to on-campus counseling services. This office is available to help students with personal, emotional and academic problems and is completely confidential. Our counseling teams are able to help students navigate finding more permanent local providers if needed.

For more details on health and counseling services available, please visit [this link](#).

All health and counseling services are completely confidential for students.



Spiritual Life

spirituallife.georgefox.edu

A Christ-Centered community ...

... prepares students spiritually ...

Our 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 (fall and spring semesters). Up to 15 of those credits can be obtained through chapel elective credit.

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), Fellowship of Christian Athletes and International Student Chapel. 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

Tuesday/Thursday Morning Chapel

Worship through music and teaching by George Fox staff and guest speakers

10:50 a.m. | Bauman | Tuesdays and Thursdays

[View Tuesday morning chapel and Vespers recordings here](#)



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

The spiritual life office is located in the Barclay House, 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.

Spiritual life 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; initiate one-on-one spiritual companionship and accountability with peers; and form and facilitate 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), as FPNO (Foster Parents Night Out) and Generation Connections volunteers through Saturday Service, and visit those who are homeless in Portland and Seattle. Students will be informed about these opportunities in chapel/Shalom.

During the spring and summer breaks, we recruit, prepare and send out various volunteer teams on one-week serve trips to urban and rural areas domestically to serve in disaster aid.

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

Newberg Family Life Church

502 S St Paul Highway, Newberg

Newberg Chehalem Valley Presbyterian Church

530 E Edgewood Dr, Newberg

Newberg Church of Christ

2503 Hawthorn Ave, Newberg

Newberg Countryside Community Church

18810 SW Kruger Rd, Newberg

Chehalem Valley Church

1025 Industrial Pkwy, Newberg

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

Joyful Servant Lutheran Church

1716 Villa Rd, Newberg

Grace Chapel

9025 SW Hillman Ct #3128, Wilsonville

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 map of churches can be found on the spiritual life webpage.

georgefox.edu/offices/spirituallife/local-churches



Student Support

Emergency Funds

Textbook Assistance 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 in the Hadlock Student Center.

Bruin Community Pantry

The Bruin Community Pantry includes a food pantry, a leftovers program and educational resources. 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.



Campus Public Safety

security.georgefox.edu

The George Fox security program is based on Department of Public Safety Standards and manned by training-certified officers. Campus Public Safety personnel believe all students and staff are vital to 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 system uses the number provided by the student 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
- Local maps
- 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, what we believe, 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:

Foundational Beliefs of Our Community

This section begins to describe what we believe, our focus of being a distinctively Christ-centered community, and the importance of developing loving and healthy relationships. This portion also highlights biblical expectations, honesty and integrity, university expectations, the lifestyle standards and values, and the responsibilities of living in our community.

Lifestyle Standards and Values

This portion outlines the agreement signed by students regarding the expectations and responsibilities of living in our community.

Support for Students

This includes helpful information about the Student Support Network(SSN), suicide prevention and response, the responsibility for self-care policy, and missing student notification.

Campus and Administrative Policies

These sections have numerous policies that are important for students to understand and abide by in their journey at George Fox. A few of the many policies included in this section address: alcohol, drugs and tobacco; bullying and cyberbullying; hazing; sexuality and relationships; fire safety; and campus public safety and crime statistics.

Community Accountability

This segment describes the purpose and the process for community accountability and how we respond in these situations.

Sexual Misconduct and Sexual Violence

This portion outlines university policies, as well as state and federal regulations for Title IX, sexual misconduct, and sexual violence.

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.

Students and families who have questions about any aspects of the Student Handbook are encouraged to contact the dean of community life.





Career & Academic Planning Center

georgefox.edu/career

The Career and Academic Planning Center 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 each student's time at the university, with the end goal of equipping them with the knowledge, skills and experience necessary to succeed beyond graduation. This tool accounts for 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 a wide array of internship opportunities from a national employer database
- Search for jobs or 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 students' personal and professional development as they 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 students' professional identity while cultivating practical skills and tools to help them market themselves to potential employers.





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. Some options include community service, Little+Big Bruins, Saturday Service, 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.