



# THE PRACTICAL SCHOLAR

A ROADMAP TO PENN

The Practical Scholar  
A Roadmap to Penn

The Student Committee on Undergraduate Education

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Table of Contents

Important Acronyms

Letter from the Chair External

Part I: Academics

- Registration and Path@Penn
- Penn Course Review
- Canvas
- Types of Classes
- Textbook Purchasing
- Grading Options
- Succeeding in Courses
- Requirements
- External Credit
- Majors and Minors
- Advising
- Academic Options
- Honor Code and Academic Integrity
- Research
- Study Abroad

Part II: Life Beyond the Classroom

- Living on Campus
- Eating at Penn
- Pre-Orientation Programs
- New Student Orientation
- Financial Aid
- Extracurricular Activities
- Religious Resources
- Cultural Centers and Other Resources
- Athletics
- Study Spaces
- Traditions
- Staying Safe
- Finding Balance

Part III: Life Beyond Penn

- During the Summer
- Career Services
- Applying to Graduate School
- Fellowships
- Exploring Philadelphia

Part IV: Transfers

## Acronyms

ABCS	Academically-Based Community Service
CAPS	Counseling and Psychological Services
CHAS	College Houses and Academic Services
CURF	Center for Undergraduate Research and Fellowships
DPS	Division of Public Safety
DRL	David Rittenhouse Laboratories
GBM	General Body Meeting
ITA	Information Technology Assistant
JMHH	Jon M. Huntsman Hall
KCECH	Kings Court English College House
KWH	Kelly Writers House
LCH	Lauder College House
LPS	School of Liberal and Professional Studies
MERT	Medical Emergency Response Team
NSO	New Student Orientation
OSA	Office of Student Affairs
PCR	Penn Course Review
PRP	Penn Reading Project
PWH	Perry World House
SCUE	Student Committee on Undergraduate Education
SHDH	Steinberg-Dietrich Hall
SHS	Student Health Services
SAC	Student Activities Council
SAS / CAS	School of Arts and Sciences
SEAS	School of Engineering and Applied Sciences
SFS	Student Financial Services
UA	Undergraduate Assembly
VP	Van-Pelt Library
VPUL	Vice-Provost of University Life
WH	Wharton

## Introduction

Dear Class of 2026,

Tasked with the privilege of welcoming you to Penn and introducing the Roadmap as a resource on this journey you are taking, I thought back to my journey to, at, and beyond Penn. Coming to Philly for the first time, wide-eyed and unprepared for the American heat, I was terrified of being a small fish in a very big pond. Scared to get lost in the shuffle of Locust Walk, of falling between the cracks in my classes, in the social scene, and in extracurriculars. Many of you will have similar fears. But looking back today, I can tell you that being a small fish in a big pond is the best thing to be. Learn from your fellow classmates, your seniors, your professors, TAs, and the amazing people at the dining halls.

Inside the Roadmap, you will find an overview of navigating life at Penn. No, we don't know where the best party during NSO is or what 1920 Commons is serving on Friday. We do, however, know answers to some of the most frequently asked questions when arriving at Penn and we can point you to some paths that you may not have otherwise noticed or considered, such as undergraduate research, study abroad, or community engagement. The Roadmap is more than a guide for when you feel lost; it may also help you discover a road less traveled.

The Student Committee on Undergraduate Education (SCUE), the academic policy branch of Penn Student Government, publishes the Roadmap. We work to make Penn the best it can be for undergraduates. We know that Penn is rich in resources and opportunities, but they often remain invisible and under-utilized. This guide is our attempt to remedy that, and to introduce you to the plethora of unique opportunities and experiences available to Penn students.

We hope the Roadmap will help you find your own path through Penn. And if you feel that your own path may include becoming involved in student government and academic policy, we encourage you to visit our website, [www.scue.org](http://www.scue.org), and learn more about us.

At the end of the day, the Roadmap is a guide, but you are in control of the wheel. There is no electronic voice telling you to turn left in 200 feet at the Compass or to make a U-turn and attend that undergrad research presentation. You might wish, at some point during your time here, that there was someone in your head telling you exactly where to turn. We contend, however, that your journey will be much more enthralling, exciting, and rewarding with you making the decisions about what feels right for you. You may flip through the pages of this document, see nothing of value, and be tempted to toss it in the nearest Quad trash can. However, as many can attest to, at one point during your 4-year journey you'll reach that inevitable roadblock. And, when you reach that point, one of the few things that we can guarantee is that you'll be thankful that under a heap of old notebooks, papers, and problem sets, you'll have a Roadmap to help you find your way.

Welcome and enjoy the ride,  
Lena Hansen  
SCUE Chair External

## **Part I: Academics**

### **Registration and Path@Penn**

A few months before each semester begins, you will be required to request courses during a period called Advance Registration. Going into your freshman year, this process will occur at the end of July or early August.

#### Scheduling

When planning your schedule, keep course times in mind, and take courses that match your personal routine. There is no standard way to schedule courses, but here are a few options to consider and approaches students take when planning their semester:

- If you are a morning person, embrace 8 or 9 AM recitations. While many students may sleep later in than they did in high school, do not write off a course simply because it meets early.
- Many students opt to have a busier Monday-Thursday in exchange for lighter schedules on Fridays.
- Some students enjoy spreading out their classes while others prefer to stack as many classes in one day as they can, making other days lighter.

When scheduling classes, it is important to note that classes typically end ten minutes early (a 9-10 AM class would get out at 9:50). This allows you some time to travel between classes, even if they are back to back. There is a 15 minute interval between one another to allow for travel time between classes.

#### Path@Penn

During Advance Registration, you will have two weeks to enter your requests for courses through the Path@Penn system. The system allows you to enter your courses at any point during Advance Registration; being the first person to submit your requests will not increase your chances of getting into a particular class. Make sure you do not leave registration to the last minute as there may be scheduling conflicts or changes that you wish to make. Also, keep in mind that Path@Penn has a limit to the number of students who can be logged in at once. If you wait until the last minute, the system may be overloaded, and you may not be able to log in – plan ahead and have your course requests in a few days before the deadline. You will have the opportunity to drop or add classes (if there are open spots) once registration for the semester is released – usually a few weeks later.

#### Search & Register for Classes

After you log into Path@Penn, there are multiple sections on the home page that allow you to navigate to the page you need. Under the Academic Planning & Registration section, there is the Search & Register for classes link.

You can find courses through a variety of methods. At the top of the page, you can type in a class title, subject, instructor, or keyword for which you are looking. This allows you to put in simple search parameters such as the course code (the four letter, three digit identifier of any course at Penn, e.g. BIOL101) or instructor. You also have the option of exploring classes that fulfill courses in different programs through the “explore programs” button. The “advanced search” section allows you to filter your search by subject (four letter abbreviation for department), school, the type of activity (lab, recitation, seminar, etc.), and more. Looking through the different subjects can be very helpful to learn what programs are offered at Penn and narrow down your interests for the semester.

Hit the “search” button and a list of classes that fit your search terms will appear. You can click on any of them to find out more information about them. If you are interested in the course, click “Add To Cart.” You can choose which cart to put your class selections into. Based on how you will rank your courses, you can add a class to either, or both carts. After adding a few courses to each cart, you can click on “primary cart” to view the primary cart or “select a cart” then “alternatives (current semester)” to see your alternative cart. To view your selected courses in a calendar format, click on the calendar icon which can be found in the top right corner . All of your courses will show up here and you can see potential course conflicts.

### Enrolling in Courses

At the start of Advance Registration, you will be able to choose courses. Here are some tips to complete Advance Registration quickly and painlessly:

- Prioritize your course selections. – You should sign up for smaller courses (especially writing seminars), high-demand recitations, popular professors, and Freshman Seminars first (i.e. as your first and second course choices) because they fill up very quickly. Most students will rank larger lecture or less competitive courses lower on their list.
- Register for recitations and labs required for your courses. – This is important because you cannot get into a course if you are not concurrently registered for all of the components. Courses requiring a recitation or associated lab will have sections listed under the “associated courses” section and usually have a -100 or -200 after the initial course code.

If Advance Registration does not work out so well for you, do not freak out. You will have plenty of time to add and drop different courses to your schedule. When possible, swap your courses rather than adding and dropping them. You can always get rid of a course later, but once you drop one, you might not be able to get back into it. To swap a class, click “Add/Drop/Swap Classes” from the main menu, search for the class you want, add it to your primary cart, click on “Edit Registration Options” and select the course with which you want to swap the new class, click “Save Changes”, and then “Submit Schedule” to finish.

Do not be afraid to advocate for yourself to get into a course. Some students find it helpful to email professors asking to be placed on a waitlist for the course or to ask if the professor can file



a permit for them to be admitted to a course that is full. Although this doesn't always work out, it is always worthwhile to reach out to professors if you are interested in taking their course. Other techniques students use include talking to advisors and asking advice from other students (especially your peer advisor or upperclassmen). For more information, see the advising section.

If you are put on registration hold by Penn InTouch, then you are most likely in one of the following situations:

- You are a College first year, and you have not talked to your advisor before Advance Registration in August for the Fall or November when planning for Spring courses.
- You are a Nursing or Engineering student and have not spoken to your advisor before Advance Registration. (This applies throughout your undergraduate career.)
- You have an outstanding balance on your bursar bill. If this is the case, go to the first floor of the Franklin Building at 3451 Walnut Street or call Student Registration and Financial Services.
- You do not have up-to-date health insurance or health insurance records. If you have problems, contact the Student Health Insurance Office located at 3535 Market Street.
- You did not submit immunization forms to student health. See Student Health Services to solve this problem.
- You are a second semester sophomore in the College and have not declared your major. If you have this problem, an advisor in the College Office (120 Cohen Hall) can help you out. Remember, it is perfectly okay to change your major after you have declared.

In cases where you are planning on taking fewer than four credits in one semester, you do not need special permission. However, be sure to confirm that your change in course load will not jeopardize your financial aid, visa, or athletic eligibility status.

If you would like to take a number of courses that exceed your credit limit, reach out to your advisor during Advance Registration to request increasing your credit limit. These requests are often fulfilled if you have been successful in past courses and have a good reason for wanting to take a heavier load of courses.

### **Penn Course Review**

Choosing your courses can be a difficult task, but with Penn Course Review (PCR), the process can be a lot easier. This is like RateMyProfessor but uses data collected internally at the end of each semester from students. It is available online (<https://penncourserewiew.com/>) and provides detailed ratings of courses and professors based on past students' evaluations. Penn Course Review can be a great tool for identifying courses that students really loved and ones that they did not really care for. The recent switch to four digit course codes (four letters followed by four numbers, previously was four letters followed by three numbers) means that some classes show up with four numbers and some with three. Do not be alarmed by this, for the most part, classes that have been/will be offered since the switch now appear with four digits, but classes that haven't been offered since the switch still have their three digit code.

Here are some quick tips when using PCR:

- First and foremost, remember that the ratings and reviews are subjective views from former students and do not tell the whole story when it comes to a certain course or professor.
- Ratings range from 0-4, with 0 representing low ratings (think: easy for course quality, poor for professor ratings) and 4 representing higher ratings (think: high difficulty, high professor ratings). Therefore “Difficulty” and “Amount of Work” increase as the rating increases meaning that a 4.0 difficulty class is significantly harder than a 1.5 difficulty class.
- Take small differences in rating with a grain of salt; a course rated as a 2.7 isn’t definitively better than one rated as 2.5.
- Make sure to use the “Edit Columns” function to choose the aspects of the class that interest you.
- Many students choose to look at the professor’s ratings first and the course review rating second. Professors can make or break a course; rarely are low ratings a result of the course material.

### Beyond Penn Course Review

- For a more qualitative review of classes, a better resource could be your advisors, upperclassmen, and friends. Also, do not hesitate to email professors to get more information about their courses or to ask for general advice.
- Although Penn does not have an official shopping period, you should feel free to attend as many classes as you can handle for the first two weeks of the semester. That way, you will be able to make as informed a decision as possible when you narrow down your options to the four or five you will actually take.
- Most professors at Penn post their resumes and research on departmental websites. Do not be afraid to look up potential professors to get a better understanding of their research and interests. This could be a good way to develop a connection if you are looking to do research or just dig deeper into the topic.
- Penn Course Plan is another service created by the same group (PennLabs) who run Penn Course Review. It is a mock-schedule builder that helps visualize schedules that may be unclear in Path@Penn. It also displays professor and course ratings from PCR while building your schedule.

### Canvas

Canvas is an online platform for your courses where everything for your courses will be centralized – assignments, readings, grades, syllabi, announcements, etc. Like any Penn interface, this requires your standard log-in with your PennKey and password.

### Summer Assignments

During the summer before your freshman year, several “courses” will appear on your Canvas dashboard. These include but are not limited to:

- College Compass (College of Arts and Sciences)
- Math Diagnostic Exam
- TAP: Thrive at Penn

Canvas is a platform that will serve as a means for your professors to communicate with you, post assignments, syllabi, handouts, and other related course content. There are several unique features that will facilitate your navigation of Canvas. Under the Account tab, you can customize settings and see your file submissions. You can access your courses from the Dashboard and Courses tabs. Upon clicking on a course, there will be options on the left-hand side, which will allow you to choose from assignment listings, announcements, grades, and other options that will vary from class to class. The Calendar tab allows you to see all of your assignments laid out in week, month, or in agenda form. The Inbox tab allows you to send messages to your classmates and professors.

### **Types of Classes**

- Seminar – College students have the ability to choose from a wide variety of seminars (small, discussion-based courses) from the very first semester they arrive. While some seminars are focused on a particular major, others are part of University-wide programs that offer tremendous diversity in subject matter.
- Lecture – A lot of introductory classes are lectures. The majority of the class will consist of notetaking and will have more students in auditorium-like settings.
- Recitation – Many lectures are in conjunction with recitations, or smaller settings in which students review lecture materials with a Teaching Assistant (TA).
- Structured, Active In-Class Learning (SAIL) – In a SAIL class students actively engage with course content through structured activities during class time. However, what students are asked to do, both in and out of class, and how these classes are structured can vary dramatically depending on the instructor’s learning goals. These are often STEM courses.
- ABCS – This stands for Academically Based Community Service courses. ABCS courses combine an in-class portion with civic engagement around Philadelphia.

### **Textbook Purchasing**

While it seems counterintuitive, you do not need to purchase all of your textbooks prior to the class start date. Many students wait until the first class to determine which textbooks are required and whether they can be purchased second hand.

Some tips for saving money on textbooks:

- The Penn Bookstore will price match textbooks if you are able to find a cheaper new version at another place, including online.
- Some options offered by the Bookstore are buying new or used, or renting a textbook.
- Professors usually place textbooks on reserve in a library, or choose not to use them at all. If you act early, you may be able to get a copy of the textbook from a Penn library. You can also check out the Borrow Direct website (<http://webdoc.library.upenn.edu/borrowdirect.html>).
- You can also get secondhand books from the University of Pennsylvania Textbook Exchange Facebook group.

- Consider purchasing online access if you are the type of person that does not prefer a hard copy of a textbook.
- For classes such as ECON 001 or Calculus, there are also online components. Generally, it is cheaper to purchase them online, but ask your professor individually if you have any questions.
- Some courses do not have books but rather use bulk packs (printed versions of all required readings for the class). Common locations to print bulk packs are Campus Copy Center (on the corner of 39th and Walnut) and Wharton Reprographics (located on the bottom floor of Steinberg-Dietrich Hall).
- If purchases may be costly for you, be proactive and reach out to your professors or other student resources available to you (i.e. Greenfield Intercultural Center [GIC])

## **Grading Options**

### Letter Grades

Grades range from A+ to F and are given at the completion of a course. The numeric value assigned to each letter is used to calculate grade point average (GPA).

Beyond the typical A to F letter grade range, you may receive a “P” (pass), “I” (incomplete), “S” (satisfactory), “U” (unsatisfactory), or “W” (withdrawal). Note that the first few weeks of the semester are considered the Course Selection period – for the first few weeks, students can add courses to their schedule. The drop deadline is approximately the sixth week of the semester, and students are able to un-enroll in courses until this deadline. Many professors try to have an exam before the drop deadline so students can make an informed decision about remaining enrolled based on their performance.

### Pass/Fail

All of your major-related and General Requirement courses must be taken for a grade; however, you have the option to take some courses pass/fail. This may be advantageous when you are interested in taking an elective outside your school in a subject with which you are unfamiliar (i.e. you’re in Wharton with a Finance concentration and you want to take an art history class in the College). The number of pass/fail courses that you can take depends on your school, so refer to your advisors or individual school websites for your exact limit.

If you end up choosing your major based on a class you took pass/fail, you can “uncover” that grade and change it to the letter grade you would have received had you not taken it pass/fail, so long as that class is one that is required for your new major.

### Auditing

If you are interested in a course for which you do not need any credit, think about auditing. Audited courses do not appear on your transcript; they are about learning for learning’s sake. However, each school has a different policy governing audits, so be sure to check your home

school's policy and with the professor before auditing any courses. Auditing is especially popular among second semester seniors who are on a part-time basis at Penn.

### Incomplete

If it is past the drop deadline for a course, but you feel that you are unable to finish a course in the current semester, talk to your professor immediately to consider requesting an incomplete. This will show up as an "I" on your transcript. Keep in mind that this is very rare and should only be used in emergencies. You are still required to complete the remaining coursework, after which the grade will be changed.

### Satisfactory/Unsatisfactory

In certain situations where you get one grade for two semesters' worth of work (for example, if you are writing an honors thesis), you can take an "S" for satisfactory work (or a "U" for unsatisfactory work, as the case may be) until you finish it up the following semester. When you receive your final grade, it will replace the "S/U" on your transcript.

### Withdrawal

Unlike dropping a course by the drop deadline, a withdrawal will appear on your transcript. If for some reason it is necessary for you to drop a course after this date, you will get a "W," which will remain on your transcript even if you retake the course for a grade during a different semester. We recommend that you carefully weigh your decision to withdraw from courses and that you utilize this option only after communicating with your professor and advisor.

### **Succeeding in Courses**

Here is some tried and true advice from upperclassmen on how to succeed in your courses.

- First and foremost, go to class – professors talk about more than just what is on the lecture slides.
- Look at the syllabus. The syllabus outlines the entire semester for you – be aware that many courses schedule midterms in the same one or two week span, so make sure to be aware of any conflicts ahead of time. Many students put exams and conflicts in their schedule right after getting their syllabi to know what is ahead. Two midterms on the same day may seem like a lot (and it is!), but if you plan ahead, it is manageable.
- Go to office hours. You do not need to be having trouble in a course in order to stop by. If you have class during office hours, just email the professor and ask to set up a meeting.
- If you want an opportunity to get to know your professor outside the classroom, you can ask your professor if they have a "Take Your Professor to Lunch" program.
- Make friends in your courses. This could help you get notes if you happen to miss class and will help you form study groups.

We all struggle in at least one course or another during our time at Penn, and that is totally okay. It is important to recognize and admit this early in the semester so that you can get the help you need. Here is a list of a few resources that can help you to succeed in your courses.

- Weingarten Learning Resources Center – Weingarten’s Office of Learning Resources provides professional instruction for students on university-relevant skills, including academic reading, writing, study and time management strategies, and more. Weingarten has a group of dedicated staff to help you to maximize what you get out of your courses and is an invaluable resource as you transition to college life.
- The Tutoring Center – The Tutoring Center offers undergraduate students free, accessible, and convenient options to supplement their course work. They provide weekly one-on-one tutoring, study groups, and more, by appointment or walk-in. If you are finding the content in a specific course challenging, the tutors at the Tutoring Center are an incredible resource to review the material with someone who has already taken the course. The Tutoring Center can get busy at peak times of the year, such as around midterms and finals, so if you identify a course that will be difficult, seek the help as early as possible.
- Marks Family Writing Center – The Writing Center provides individual writing guidance and feedback to students, as well as workshops across campus, from both peers and faculty. They can help with any aspect of the writing process, from brainstorming topics to editing. When you take your Critical Writing Seminar, the Writing Center is particularly helpful, since they have been extensively trained on the Critical Writing Program’s approach.
- Counseling and Psychological Services (CAPS) – When the support you need transcends academic help, it is important to recognize that you may need someone else to talk to. CAPS offers free and confidential services to all Penn students, ranging from individual therapy to group sessions to general workshops. CAPS is an incredible resource to help you adjust to university life, manage personal and situational challenges, develop coping strategies, and more. With a great staff of trained clinicians, CAPS is an important resource on Penn’s campus – many Penn students go to CAPS throughout their time at Penn, and it is important that you take advantage of this resource when you need it.
- Lastly, talk to advisors, professors, and peers when you need help! All of these people can help in different ways, be it connecting you to other resources, offering extra support and guidance, or providing advice based on their own experience. Do not feel bad about asking for help! It is an important step in the learning process and will help you to grow stronger both academically and personally.

The most important advice we can give is to take full advantage of all the academic and extracurricular activities Penn offers. These four years provide amazing opportunities for you to study esoteric topics, master a new language, do research with leading professors, stay up late with friends discussing the meaning of life, explore one of America’s great cities, and become a more mature thinker and citizen.

## Requirements

Do not wait until you are practically done to begin completing graduation requirements. Consult advisors, fill out the appropriate worksheet on Path@Penn, and peruse the online resources available from your school and referred to in the sections below.

### The Foreign Language Requirement

All Penn undergrads (with the exception of Engineering students) must leave Penn proficient in a second language. You can either pass out of this requirement from experience prior to Penn or fulfill your language requirement during your four years.

If you believe you might be eligible to waive out of your language requirement, consult <https://www.college.upenn.edu/language-placement> for all the ways to waive the requirement. AP scores, SAT II scores, or a placement exam may allow you to obtain a waiver for the language requirement.

If you need to fulfill a language at Penn, we suggest starting during your freshman year. If you intend to take foreign language courses, you must take a placement exam, unless you want to start at the lowest level. For more information about the languages offered at Penn, look at the Penn Language Center to explore your options at <http://www.plc.sas.upenn.edu/> If you are looking for a specific language, use their links page and department websites to see the full list of languages required. Some of these are small, intimate classes that offer wonderful experiences.

### The Writing Requirement

Many students try to fulfill the writing requirement in their freshman year to get the requirement out of the way. However, do not freak out if you cannot get into one, because it can be taken at any point in your undergraduate career. The writing requirement is meant to ensure that Penn students are able to write at a collegiate level. Thus, it is ideal to satisfy this requirement early on so that you are able to put the skills to work in upper-level courses. Writing courses are not limited to English department courses.

While all of the writing seminars have the exact same structure and assignments, there are three types of writing seminars available, differentiated by baseline language mastery.

- WRIT 0120 to 0990
  - Topically-based writing seminar for students that are fluent and comfortable speakers and writers of American English. Students enrolled in this standard writing seminar should be knowledgeable about basic conventions of written english, such as organizational structure, plagiarism, and spelling. Each writing seminar explores a specific topic in one of Penn's various departments, allowing you to explore a topic of interest while learning a set of skills that will help you with college-level writing through all four years.

- WRIT 0020: Craft of Prose
  - Craft of Prose is targeted toward students who did not get extensive practice and guidance on their writing in high school. Seminar enrollment is capped at twelve, and instruction includes a significant amount of individualized attention and guidance. Students in Craft of Prose receive mentoring from tutors and their instructor. Note, this offering is only available to freshmen and sophomores.
- WRIT 0110: Global English
  - Global English classes focus on international topics ranging from human rights to international perspective on technology. To promote an intellectual discourse community, these classes are small to provide an international community that can help in adjusting to life and college in the United States. These courses are best suited for students that are non-native English speakers and may have studied in English schools but have not attended school in the United States. This class may also appeal to students that struggle with certain aspects of the English language.

For more information and a list of courses which satisfy the writing requirement, go to <https://fission.sas.upenn.edu/writing/ccs/catalog.php>.

### **External Credit**

Students may be eligible to receive credit from various Advanced Placement, International Baccalaureate, A-Level exams and pre-college work at other universities. This information will be available to you through Penn InTouch once you have sent your scores to Admissions. When logging into your portal, click “Academic Records” followed by “Transcript & GPA.” Your credits should show up under the section “Penn Equivalent Credit.” You should be notified of the credit that you receive by the end of August, prior to the start of your freshman year. If your credit is not on your transcript, you do not receive notification, or have additional questions, contact the Office of Transfer Credit and Advanced Placement directly. Many departments encourage students not to use their AP credits to waive out of introductory courses (contact your advising office for more information). Each of the four schools deals with advanced credit differently; for more information visit <http://www.admissions.upenn.edu/apply/freshman-admission/externalexamcredit>

### **Majors and Minors**

#### Declaring a Major

Although most students declare their major or concentration toward the end of their sophomore year, learning how to do so is valuable even as a freshman. Each school has slightly different requirements and deadlines for declaring a major, but the general aspects are the same for everyone. Before declaring a major, you need to meet with your advisor to complete a worksheet found on Penn InTouch, which outlines which courses you have taken and which courses are still needed to fulfill your school and major requirements. Some majors have a GPA requirement in order to apply, so it is useful to check the department website for the major you are considering.



The College – All students must declare a major before Advance Registration ends in the spring of their sophomore year. While the declaration is now a form in Path@Penn, please contact the office of the department in which you are interested, and make an appointment before declaring. Some majors may require you to fulfill prerequisites before you can apply. If you have any questions that are not answered after contacting the department, you can always go to an advisor in the College Office (120 Claudia Cohen Hall).

Engineering – You must declare a major by the fall semester of your sophomore year. You can do this by filling out the appropriate form in the undergraduate office of the School of Engineering. It is common for engineering students to change their majors within their first year. Feel free to reach out to the advising staff in the department in which you are interested for support in planning your course of study.

Nursing – Nursing students are not required to declare a major, as they have already done this by matriculating into the Nursing School. If you plan to do a minor, it is useful to meet with an advisor early on to assure that it can fit in with clinical requirements in later years.

Wharton – Concentrations (the major-equivalent within the Wharton curriculum) must be declared before graduation; however, priority during registration for courses is given to those who have declared a concentration. You can change your concentration until graduation, but make sure to leave enough time for yourself to complete the requirements of your concentration. You can declare your concentration by setting up a meeting with a Wharton advisor in the Wharton Undergraduate Advising Office (JMHH G95).

Minors (across all four schools) – If you want to declare a minor, you are allowed to do this at any time, as long as you meet with a faculty advisor. There are no deadlines for this process.

## **Advising**

### Faculty Advisors

While advising differs from school to school, the overarching goal is to provide students with guidance and support as they create and follow through with their academic plan. You can speak to your advisors about your plan of study, minors, dual degrees, study abroad, and any curricular pursuits. In addition, your advisors are a great support system if you find yourself struggling to adjust to the demands of college life, and will connect you with many campus resources that you may not have known about.

The College – You are assigned to a pre-major advisor before coming to Penn who will help you navigate the course selection process and assist you in identifying resources. You will meet your advisor during New Student Orientation and are required to meet with him or her during each registration period. When you declare your major, you will also be assigned a major advisor to help you with more specific aspects of your course of study. For quick advising questions, email the College Office at [college@sas.upenn.edu](mailto:college@sas.upenn.edu). Advisors are available to help with general and

special academic circumstances from Monday through Friday, by appointment from 9:00 AM – 5:00 PM and on a walk-in basis for quick questions from 12:00 PM – 4:00 PM.

Engineering – You will be assigned your academic advisor, a professor in your major, when you arrive at Penn. You are required to meet your advisor once a semester to schedule your courses. Your undergraduate department’s coordinator is an important contact for any questions you might have. You can find their contact information (email and phone number) on the department’s website. There are walk-in engineering advising hours from 2:00 – 4:00 PM every Monday – Thursday in 109 Towne Building. You can make an appointment if those hours do not work for you by calling 215-898-7246. These staff advisors are there to guide you through course selection, especially in fulfilling your Social Science and Humanities requirements or in choosing Free Elective courses.

Nursing – In the fall, you will be assigned a faculty advisor who will work with you for the next four years. The Nursing School requires students to meet with faculty advisors each semester to get off registration hold. If you would like to talk with someone else, stop by the Office of Student Services (Fagin Hall Suite M-18).

Wharton – If you came into Penn as a Wharton student, you will be assigned an advisor based on your cohort. You are expected to schedule a call or meeting with your advisor prior to registering for courses during your first semester at Penn. You can make an appointment with your advisor or can utilize walk-in hours at the Wharton Undergraduate Division office (JMHH G95) for quick questions.

#### Peer Advisors

Peer advisors are sophomores, juniors or seniors who volunteer to help first-year students transition to college. While they cannot provide official academic planning support, they are intended to be resources for classes, navigating college life (academic or social), study techniques, etc. They have a few years under their belts and are eager to provide tips and advice to new students. Feel free to contact your peer advisor throughout the summer and school year if you have any questions or want advice. We have found that the most successful peer advisor relationships require the peer advisee to be proactive, so do not hesitate to continue to reach out throughout the school year.

#### Residential/Graduate Resident Advisors (RA/GRA)

Residential advisors are upperclassmen students who volunteer to live on the same floor as first-year students. Similar to your assigned peer advisors, you can ask them for advice on a variety of topics, and it is convenient, since they are in your hall. You may have a graduate student instead of a residential advisor. These GRAs play the same role as an undergraduate RA.

## **Academic Options**

This is a list of some academic options for Penn students. Please note that this list is by no means comprehensive and that new options are being created often. We recommend that you search far and wide by communicating with fellow students, faculty, and advisors to find the right fit.

### **Double Majors and Concentrations**

Some students find that their interests span multiple fields. If this is the case for you, consider a double major or concentration. Double majors typically are among disciplines within the same school. Often, this option requires some advanced planning, so we recommend that you speak with your advisor early and often. Remember that pursuing this option restricts the flexibility you have in electives, and this is something to seriously consider when you are planning your course of study. Don't feel pressured to fulfill two majors just because your friends are – many successful Penn students graduate with one major.

### **Switching Schools**

It is possible to transfer from one school to another after your freshman or sophomore year. Different transfers may have different requirements and GPA application minimums. For more information, consult your advisor or check the website for the school to which you are considering transferring.

### **Individualized Majors and Concentrations**

While Penn prides itself on its individualized major and concentration options, you must be prepared to confront the rigorous process you will face in getting your individualized course of study approved. If you wish to create your own major or concentration or feel that the majors or concentrations currently available do not adequately represent your interests, the option of the individualized major or concentration exists. If this is something that interests you, consult an advisor in your school's undergraduate advising office.

### **Dual Degrees**

A student pursuing a dual degree receives two bachelor's degrees simultaneously from two separate schools of the University. If you are interested in pursuing a dual degree, you can either apply to one of the distinctive coordinated dual-degree programs or choose to independently pursue two bachelor's degrees simultaneously by completing the curricular requirements of two undergraduate schools. If you are considering this option, you should seek advice from advisors in both schools to help in planning both degrees.

### **Coordinated Dual-Degree Programs**

- The Huntsman Program in International Studies and Business – Students earn a BA from the College of Arts and Sciences and a BS in Economics from the Wharton School. The program combines comprehensive study of the liberal arts and sciences with business

fundamentals, intensive language training, and study abroad. You cannot apply to this program once you are at Penn, you must apply to Penn as a Huntsman dual degree student.

- The Roy and Diana Vagelos Program in Life Sciences and Management (LSM) – Students earn a BA from the College of Arts and Sciences and a BS in Economics from the Wharton School. Students in this program study and pursue research and internships in both science and management. LSM accepts a small number of students between their freshman and sophomore years.
- The Roy and Diana Vagelos Program in the Molecular Life Sciences (MLS) – Program students will major in Chemistry, Biochemistry, or Physics and a second science major chosen from Biochemistry, Biology, Biological Basis of Behavior, Biophysics, Chemistry, Environmental Sciences, Geology, Mathematics, Physics, or Psychology. In the fall of 2010, it became possible to do a second major in the Engineering and Applied Sciences School as a student in the College of Arts and Sciences. You cannot
- The Jerome Fisher Program in Management and Technology (M&T) – Students earn a BS in Economics from the Wharton School and a BSE in Engineering or a BAS from the School of Engineering and Applied Science. Students integrate business and engineering principles as they master technical and managerial skills. M&T accepts a small number of students between their freshman and sophomore years.
- Nursing and Health Care Management (NHCM) – This program educates nurses with the business acumen to address the complexities of today’s health care landscape. Students earn a BS in Nursing from the School of Nursing and a BS in Economics from the Wharton School. NHCM accepts a small number of students between their freshman and sophomore years.
- The Roy and Diana Vagelos Integrated Program in Energy Research (VIPER) – Students study energy science and engineering as they earn a BA from the College of Arts and Sciences and a BSE from the School of Engineering and Applied Science. VIPER may consider a small number of transfer students between their freshman and sophomore year as space allows.
- Computer & Cognitive Science (Artificial Intelligence) – Students combine theoretical insights from computer science, linguistics, neuroscience, philosophy, and psychology with the study of intelligence, perception, reasoning, and other properties of the mind. Students earn a BA from the College of Arts and Sciences and a BSE or a BAS from the School of Engineering and Applied Science. This program accepts a small number of students between their freshman and sophomore years.
- Bio-Dent: Seven-year Bio-Dental Program – This accelerated seven-year program is designed for biology majors who want to begin dental school in their final undergraduate year. Students earn a BA and a DDM from Penn Dental Medicine. It is not possible to transfer into this program after you have begun studying at Penn.
- Digital Media Design Program (DMD) – The interdisciplinary Penn Engineering major is designed for students interested in computer graphics, animation, games, and the design of virtual reality environments and interactive technologies. Students earn a BSE from the School of Engineering and Applied Science. DMD accepts a small number of students between their freshman and sophomore years.

- The Rajendra and Neera Singh Program in Networked & Social Systems Engineering (NETS) – Students study the interplay of computer science, algorithms, economics, and sociology while participating in cutting-edge research in networks, markets, optimization and information management. Students earn a BSE from the School of Engineering and Applied Science. NETS accepts a small number of students between their freshman and sophomore years.

### Inter-School Minors

If a dual degree program does not seem to fit but you still want to combine disciplines, you can pursue an inter-school minor.

Penn offers opportunities to minor across schools. As an undergraduate student at Penn, you generally have the ability to minor in any discipline across schools. For popular interdisciplinary fields, some inter-school minors have been created to streamline the course of study. Below is a list of the inter-school minors offered.

#### College of Arts and Sciences and the Graduate School of Education

- Urban Education
- Urban Studies

#### College of Arts and Sciences and Penn Engineering

- Cognitive Science

#### College of Arts and Sciences and the School of Design

- Landscape Studies

#### College of Arts and Sciences and the School of Nursing

- Nutrition

#### College of Arts and Sciences and the Wharton School

- Actuarial Mathematics
- American Public Policy
- Biological Basis of Behavior and Health Services Management
- Consumer Psychology
- Legal Studies and History
- Sustainability and Environmental Management
- Urban Real Estate and Development

### Submatriculation

You can submatriculate into certain Penn graduate programs, working toward obtaining a bachelor's degree and master's degree at the same time. With the exception of the Seven-Year Bio-Dental Program, you can apply for submatriculation programs once you come to Penn. This

can be an excellent opportunity for you to accelerate your studies, but note that you must plan ahead and talk to your advisor if you plan to submatriculate.

### Honors and Scholars Programs

There are many academic options that you can get involved in both before and after you arrive at Penn. Honors and scholars programs are a great way to get more engaged and challenge yourself academically.

**Benjamin Franklin Scholars (BFS)** – The Benjamin Franklin Scholars Program is a program tailored to those students looking for an academic challenge. Taught in seminar format, BFS classes provide a unique experience in almost all departments. BFS offers three unique academic resources: direct admission to BFS courses, specialized academic advising, and research opportunities for interested students. While some students are admitted into the program as incoming freshmen, students can apply during their first two years at Penn.

**Joseph Wharton Scholars (JWS)** – The Joseph Wharton Scholars is a community specific to Wharton undergraduates who are interested in being part of a program that emphasizes the importance of research, liberal arts, and science education as a part of a holistic business education. The JWS program offers honors sections to typical Wharton and College courses.

**University Scholars (U. Scholars)** – You should consider U. Scholars if you have specifically defined intellectual and research goals. The University Scholars receive special academic advising and support in sponsoring and funding research. As a U. Scholar, you are provided with an academic advisor in the Center for Undergraduate Research and Fellowships (CURF) and an additional research advisor in the research field of your choice.

**Nursing Undergraduate Honors** – The Nursing Undergraduate Honors Program is designed for nursing students looking for an additional academic challenge. The benefits include faculty mentorship, honors courses, an independent capstone, and honors courses where faculty and students present their research to the School of Nursing. Freshmen and sophomores can apply.

**The Rachleff Scholars Program** – Rachleff Scholars is an honors research-based program in the School of Engineering and Applied Science, worth looking into if you are an engineering student who is interested in engineering research. The program provides students with great faculty support and advising and opportunities to work with excellent professors. The Rachleff Scholars experience includes a 10-week paid summer research experience, two classes with other Rachleff Scholars, as well as other organized activities.

**Public Policy Research Scholars (PPRS)** – PPRS is an interdisciplinary certificate program intended for undergraduates with a background in economics, who want to explore the impact of U.S. public policy on the domestic economy. PPRS is a certificate program, not a major. It offers a supplemental course of study, focusing on the quantitative analysis of public policy at the federal level that can be pursued alongside any major in any of Penn's undergraduate schools. Beyond the curriculum, students also are required to do at least one public policy summer

internship, for which they receive funding from the Penn Wharton Public Policy Initiative. They also have opportunities to assist with faculty-led policy research on campus.

Penn Civic Scholars – Civic Scholars is a unique program providing undergraduates with a sustained four-year experience in civic engagement and scholarship. By completing this program, you will receive a certification in addition to your diploma and will have a notation on your transcript that notes you are a Civic Scholar. Civic Scholars participate in a unique proseminar experience during the freshman and sophomore years where they explore topics related to social issues and civic engagement experiences. Additionally, Civic Scholars complete a capstone research project in the spring of their senior year, reflecting the program's principle of mutually reinforcing civic engagement and academic work.

### **Honor Code and Academic Integrity**

In fostering an environment where scholarly work is taken very seriously, Penn developed a Code of Academic Integrity that preserves and promotes the highest levels of ethical conduct among its scholars (including you!). Violations of this code, including cheating, plagiarizing, or the falsification of records are treated very seriously; if you are found guilty of violating this code, Penn may take action against you, ranging from course consequences to suspension or expulsion. The consequences of such an act are far reaching: academic integrity violations are entered onto your transcript and cannot be removed.

If you are unsure about your responsibilities, the University Honor Council can clarify any issues for you. These undergraduates can help you and answer questions you may have. It is also wise to discuss concerns about course-specific expectations with your professor if something seems unclear. Remember, it is your personal responsibility to abide by the Code of Academic Integrity, which can be found at [http://www.upenn.edu/academicintegrity/ai\\_codeofacademicintegrity.html](http://www.upenn.edu/academicintegrity/ai_codeofacademicintegrity.html).

### **Research**

The University of Pennsylvania is a major research institution, meaning that it devotes a large percentage of its resources to the pursuit of new knowledge via research in its various forms. However, despite the fact that most Penn students know they want to do research, many do not know how to go about it. The Center for Undergraduate Research and Fellowships (CURF) exists to help you figure out the steps you need to take to find a rewarding research experience. CURF can assist you to achieve this goal in a number of ways, including individual and group advising sessions, the Research Directory, the Research Peer Advisor program, funding opportunities such as the Penn Undergraduate Research Mentorship Program, and events like the CURF Research Expo, Research and Fellowships Week and the Quaker Days Conference.

CURF also helps students develop applications for nationally and internationally competitive undergraduate and postgraduate fellowships and other academic and service opportunities. CURF can help you learn more about which fellowships might be of interest to you and then

provide assistance in creating the strongest possible application through information sessions, conversations with fellowship recipients and individual advising.

Useful resources can be found on their website, such as:

- CURF Fellowships Directory
- Fellowships 101
- Fellowships Chart
- Recent Recipients Lists
- How to Strengthen Your Application

Another useful resource for students interested in research is the Roadmap to Research, a guide much like this one. Also written by SCUE, the Roadmap to Research, found at <https://static1.squarespace.com/static/5985fe7059cc6828fa20a946/t/598f21d9db29d643ebfc856e/1502552542849/Final+Roadmap+to+Research+10.15.pdf> provides a guide for students, by students to understand what it means to do research in a college setting and gives tips on ways to get started. It breaks down research by field (i.e. business, natural and social sciences, engineering, nursing, and humanities) and gives you a brief introduction to what research in each field could entail.

Note that there are opportunities to explore research outside of Penn. CURF's website has a page dedicated to funding opportunities, many of which are for research programs beyond Penn's campus, including international programs. This may be a great way to gain experience abroad without studying abroad for a full semester!

## **Study Abroad**

Penn offers hundreds of options for students intending to spend a semester, summer, or year in another country. Study abroad is an incredible opportunity to expand your horizons, immerse yourself in a new culture, and sharpen your foreign language skills, but you should be aware that it is an academic experience that must be planned for in advance. Furthermore, it may be more challenging for some students to fit study abroad into their academic plan than others. Currently, most students choose to study abroad during their junior year, with some choosing to go abroad during their sophomore spring or senior fall.

To learn about specific study abroad programs, requirements, and application deadlines, you should check out the Penn Global website (<https://global.upenn.edu/pennabroad>) or visit the Penn Global office at 37th and Chestnut. Generally, Penn Abroad application deadlines are in early September to mid-October for spring semester study abroad and early to mid-February for fall and academic-year study abroad. As you decide which program to pursue, think about your major, language skills, and areas of the world that are exciting to you to narrow down the options. Note that many programs require a certain level of fluency in a foreign language, but some do not require you to speak a foreign language to apply, and rather teach you to speak there.



In addition to semesters abroad, Penn offers a number of international programs during breaks, which are generally taught by Penn professors who travel with a group of Penn students to the country of interest. The courses you take during a Penn Summer Abroad program automatically show up on your transcript and do not require any additional approval, as many semester abroad courses do. There are also a number of Global Seminars and other for-credit courses that include an international travel component. These are often announced in emails to students during the academic year. Frequently, individual schools offer unique programs that are tailored to their students, so keep an eye out if this is something that interests you!

## **PART II: Life Beyond the Classroom**

### **Living on Campus**

All students are required to live on campus during their first year at Penn. Starting Fall 2020, Sophomores will also be required to live on campus. The College Houses offer a variety of options for living during your freshman year. Regardless of where you live, each house offers plenty of events, free food, and resources to help you through your first year at Penn. From on-site tutoring to technology support to a variety of facilities to take advantage of, your life in a College House can be a great part of your freshman year!

Penn offers various housing options. There are first-year houses, where you live with only freshmen, and four-year houses, which are open to students from all four years. You can live in a more traditional dorm setting or can opt for suite-style living, depending on which college house you choose. The housing selection process happens through Campus Express – you should be able to submit your housing preferences during the spring and will receive your assignment during the summer. Check out the different houses and the opportunities that each provides at <https://www.collegehouses.upenn.edu/>.

Within the College Houses, consider applying to residential programs. Residential programs range from entrepreneurship to women in leadership and provide a unique opportunity to live with people with similar interests. Some programs have applications, so if this is something that interests you, make sure to look into it ahead of time! Also, be sure that the residential program you are applying to is in a college house you would like to live in.

Roommates can also be a big part of your freshman experience. Before housing assignments are made, you will receive a short survey on your living preferences, including questions about your lifestyle habits to help match you with a compatible roommate. You also have the option to preselect a roommate, so many students will use class Facebook groups to find a match. Penn also has a fair number of single rooms, so this is definitely another option to consider.

While roommates can enhance your college experience, conflicts are to be expected. Should you find yourself in a bad roommate situation, know that there are resources available. Your RA (resident advisor) or GRA (graduate resident advisor) are great resources to talk to in navigating roommate challenges. If you live on campus, Residential Services also offers several room

change periods throughout the year, should you want to switch rooms or college houses altogether.

## **Eating at Penn**

Penn requires students to purchase a meal plan their first and second year on campus. Penn Dining provides three different options for freshmen depending on your preferences and eating habits. With each meal plan, you get a combination of swipes to use at all-you-care-to-eat dining halls and Dining Dollars, which can be used at a variety of retail dining locations around campus. It is important to think about what you are looking for in your meal plan. Having more meal swipes provides you with more food, while choosing a plan with more Dining Dollars offers slightly more flexibility in where you eat.

Dining options exist all over campus. On the east side of campus, by Engineering, there are three dining halls: Hill, Kings Court, and Lauder College House. Over the 38th street bridge by the high rises, you will find the largest dining hall, 1920 Commons. The Falk Dining Cafe at Hillel offers fully kosher options, as well as weekly Shabbat dinners. Vegan and vegetarian options can be found at most dining halls, with more offerings specifically at Kings Court. These dining halls take swipes and are all-you-can-eat buffet style and tend to be open on weekends. The newest dining hall, Quaker Kitchen, is located in Gutmann College House and serves gourmet, curated meals that rotate on a weekly schedule. It also takes swipes, but it is not all you can eat like the other swipe-based dining halls. Students can also utilize their swipes at McClelland Cafe in the Quad or late nights at Hill or Gourmet Grocer (in the basement of 1920 Commons). The Penn Mobile app always displays the menus for the dining halls, so you can check out the options at different dining halls before you choose where to eat. Dining establishments such as Houston Hall and cafés, such as Pret A Manger, take Dining Dollars and cash/credit cards for those not on a meal plan (or who have run out of Dining Dollars).

If you are worried about your dietary restrictions before coming to Penn, Penn Dining has a nutritionist who can help you to understand your options and prepare for living and eating on campus. Do not hesitate to reach out, ask questions, and make sure that you are getting the most out of your meal plan!

Outside of Penn's dining halls, Philadelphia is an incredible city for food, and we highly recommend that you take advantage of all it has to offer. If you are looking for somewhere other than the library to study, there are a variety of coffee shops on and off campus, including Saxby's and United by Blue. On campus, Pret a Manger is a popular spot for coffee, and this semester they are offering monthly coffee plans where you can get up to 5 coffees per day at \$25/month basic plan and \$35/month upgraded plan that includes cold brew and cappuccinos. Philadelphia also has a Restaurant Week twice a year, where the best restaurants offer deals on their normally expensive menus. Furthermore, Penn's campus is full of food trucks, which generally provide a great meal for a reasonable price. While you should definitely take advantage of the meal plan that you paid for, we also recommend that you explore the other food offerings around campus and beyond.

## **Pre-Orientation Programs**

Penn offers several programs that run before New Student Orientation. Each year, students who attend these programs have the opportunity to meet other members of their class with similar interests. Attendees are also able to develop relationships with upperclassmen who facilitate these programs. There are five programs sponsored by the Office of the Vice Provost of University Life, as well as additional programs coordinated by other Penn organizations. These programs take place a few days prior to New Student Orientation, so you will not miss out on NSO if you choose to attend. Be aware when pre-orientation programs require an application. The deadline for most programs is late June, although some have deadlines as early as May. Check your email over the summer to assure you are up to date.

- PENNacle, Leadership, 60 Students – PENNacle is a pre-orientation program which teaches incoming freshmen about various forms of student leadership at Penn. Sixty students take part in this four-day retreat where they play games, learn about leadership, and build connections with peers and upperclassmen. The upperclassmen leaders often hold important positions in organizations around campus and serve as mentors to the freshmen.
- PennQuest, Nature, 120 Students – PennQuest allows students to create relationships with peers and upperclassmen through a four-day outdoor experience with camping and hiking. Pre-freshmen students bond on the trip, increase their confidence for college, and develop wilderness skills.
- PennGreen, Sustainability, 40 Students – PennGreen is for students interested in sustainability, environmentalism, and outdoor education. Students learn about global and local sustainability issues, and volunteer with a local urban greening project.
- PennArts, Arts, 40 Students – PennArts students learn about various artistic media through meetings with master artists, and trips to Philadelphia cultural locations. Participants are exposed to club and leadership opportunities in the arts.
- PennCorp, Social Activism, 40 Students – PennCorp introduces students to important social justice issues and volunteer opportunities in Philadelphia. The program is organized through the Civic House, which gives students a means to become more engaged with social issues in the future.
- Other Pre-orientation Programs – In addition to the five programs sponsored by the Vice Provost of University Life (VPUL), there are other pre-orientation programs that you can take advantage of as well. This includes but is not limited to the Hillel FreshMeet Retreat, Newman Center NOVUS Retreat, the Advancing Women in Engineering AWE Program, PennCAP Pre-Freshman Program (PFP), Africana Studies Summer Institute, and the Wharton Successful Transition & Empowerment Program (STEP).

## **New Student Orientation (NSO)**

In August, you will come to Penn a few days before classes start to get accustomed to college life and meet new people. NSO is full of events, both mandatory and optional, that you will get to attend.

Activities

The NSO office is dedicated to throwing a fun and memorable NSO through an action-packed schedule. These events range from PennFest (a night of free food) to a classy evening at the Philadelphia Museum of Art to the Toga Party at the Penn Museum. Though these events are not mandatory, they are incredibly fun and a great opportunity to meet your peers.

### Theme Year

Every year Penn chooses a theme year to guide certain events throughout the year. During orientation, the theme year will be the central topic for some of the events you attend. Student organizations and departments can also apply for funding to host events related to the Theme Year topic.

### Penn Reading Project (PRP)

The summer before freshman year, you will read a book based on the Theme Year. Before NSO, you will submit a short response reflecting on what you read. During NSO, you will participate in a group discussion about the book. While this may seem daunting, PRP is not intended to create stress; rather, it serves as an introduction to college-level reading and analysis.

### Preceptorials

Preceptorials are short, small, non-credit seminars led by various members of the Penn community. They cover a variety of topics, from French macaron making to financial literacy. You can sign up for Preceptorials before NSO for an opportunity to learn for learning's sake.

### Convocation

NSO ends with a ceremony called Convocation. Your entire class will come together to hear from Penn's President, Provost, and multiple performance groups. This will be your official welcome to the University.

## **Financial Aid**

Applying for financial aid differs from student to student. Information about forms required can be found on <https://srfs.upenn.edu/financial-aid>. Talking to your designated Financial Aid Officer is the best way to navigate this process. Financial aid comes in a variety of forms, and the Student Financial Services office is an invaluable resource in ensuring that you receive the support you need to complete your Penn education.

## **Extracurricular Activities**

Are there clubs or activities you are currently involved in and want to continue in college? Do you want to try something new and different that you have never done before? At Penn, students are given the ability to get involved with over 450 extracurricular clubs and activities starting the first week on campus. Alongside the various organizations on campus, the Student Activities Council (SAC) organizes and hosts a campus-wide club and activities fair at the beginning of each semester. New and old students are given the ability to engage with members of various organizations on campus and sign up to learn more about the involvement opportunities available. Extracurriculars on Penn's campus vary from performing arts groups, to various levels

of athletic teams, to community service organizations, to pre-professional groups, to cultural groups, and everything in between. If for some reason the organization that you are interested in joining is not available on Penn's campus, a petition and application is all that is required to start a new extracurricular club. One piece of advice is to take advantage of all of the extracurricular opportunities that interest you. Do not be afraid to talk to upperclassmen, ask questions, and sign up for as many email listservs as you want in order to better explore your options and interests in college!

A great way to get involved and create positive change at Penn is through Penn Student Government (PSG). PSG is the umbrella group for the six branches of student government at Penn: the Undergraduate Assembly (UA), the Class Boards, the Student Committee on Undergraduate Education (SCUE), the Nominations and Elections Committee (NEC), the Social Planning and Events Committee (SPEC), and the Student Activities Council (SAC).

### Greek Life

Greek life represents one of many opportunities to get involved at Penn. At Penn, Greek life exists in many different forms: social, pre-professional, and multicultural organizations offer the ability to mold the Greek community to each individual's desired experience. About 30% of undergraduates are involved in the approximately thirty social fraternities, eight social sororities, and various multi-cultural and pre-professional fraternities and sororities on campus. Greek life at Penn is managed through the Office of Fraternity and Sorority Life (OFSL), as well as through three main student-run councils: the Interfraternity Council (IFC), the Panhellenic Council, and the Intercultural Greek Council (IGC). These organizations sponsor a variety of social, academic, and charitable functions that occur throughout the year, some of which are open to members outside of the Greek community as well. Open rush for social Greek organizations occurs in the spring semester, whereas other multicultural and pre-professional organizations vary in their eligibility requirements and rush processes. Further information can be accessed on the OFSL website (<http://www.vpul.upenn.edu/ofsl/>) and on individual organization's websites.

### Religious Resources

Penn's inclusive and open community provides resources and organizations for students of all religious backgrounds and affiliations. These opportunities allow students to maintain spiritual and religious connections while away from home, as well as involve themselves in additional communities on Penn's campus. The Office of the Chaplain and the Spiritual and Religious Life Center, located on the second floor of Houston Hall, is the home to many of Penn's religious and spiritual organizations and is a resource for all students on campus. The Chaplain's Office welcomes all and works to ensure that all Penn students are supported in their desire to practice their religion. Visit the Chaplain's Office's website (<http://www.upenn.edu/chaplain/>) for more information about specific groups and resources. Outside of Penn's immediate campus, students also choose to participate in religious communities throughout the Philadelphia area. The Chaplain's Office is willing and able to provide further information on these resources as well.

### Cultural Centers and Other Resources

Penn has a variety of cultural resource centers that provide support, advising, communities, and more for a variety of Penn students.

Name	Location	Description
Greenfield Intercultural Center (GIC)	3708 Chestnut Street	Penn’s resource for enhancing intercultural knowledge, competency and leadership offers additional programs, advising and advocacy.
La Casa Latina	3601 Locust Walk	The Center for Hispanic Excellence promotes greater awareness of Latinx issues, culture and identity at Penn.
LGBT Center	3907 Spruce Street	The Lesbian Gay Bisexual Transgender Center, a home for sexual and gender minorities and allies at Penn, offers mentorship, space to study and socialize and functions as the hub for the queer community on campus; free printing if you bring your own paper.
Makuu	3601 Locust Walk	The Black Cultural Center, Makuu, serves as the focal point for student activities, ideas, outreach and support linked to black culture and the African Diaspora. Makuu staff and students work to provide academic, cultural and social support to students.
Pan-Asian American Community House (PAACH)	3601 Locust Walk	Penn’s cultural hub for South Asian, East Asian, Southeast Asian and Pacific Islander, PAACH, develops and implements innovative programs for leadership development and community service in close collaboration with Asian American student and community groups.
Penn Women’s Center	3463 Locust Walk	The Penn Women’s Center works

		with students of all genders to promote gender justice and equality at Penn and beyond.
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### Kelly Writers House

The Kelly Writers House is a hub for writers on Penn’s campus. The uniquely self-run House provides a wide array of programming, including poetry readings, seminars, film screenings, workshops, and even musical performances. Its goal is to bring writers into contact with each other, encourage collaborative learning, and emphasize the importance of literary arts at Penn and throughout the Penn community.

### Perry World House

The Perry World House (PWH) is a global policy research center that aims to advance interdisciplinary, policy-relevant research on global affairs challenges. The goal of the House is to connect Penn with policymakers, practitioners, and researchers from around the world to develop and advance innovative policy proposals. Opened in Fall 2016, the House sponsors workshops, conferences, engagement events, and publications relating to international and global affairs.

### Civic House

There are many ways to get involved with civic engagement and community service outside of the classroom. The Civic House is the University’s hub for student-led community service and social advocacy work. Civic House promotes mutually beneficial collaborations between the Penn and West Philadelphia communities and beyond. There are numerous options to get involved, and Civic House is a great resource to prepare you for responsible and effective civic engagement and leadership.

### Netter Center for Community Partnerships

The Netter Center for Community Partnerships focuses on community engagement in West Philadelphia, particularly working with K-12 schools near campus as well as other community organizations. Many students engage with the Netter Center through ABCS classes, but the Netter Center also has many extracurricular opportunities to work with local schools, including tutoring, athletics, and art-based programs. The Netter Center offers work-study opportunities for students who want to get involved in cultivating partnerships between West Philadelphia and Penn.

## **Athletics**

### Varsity

The University of Pennsylvania, a founding member of the Ivy League and a Division I school, boasts thirty-three men's and women's varsity teams. While teams generally recruit their athletes out of high school, many offer opportunities to walk on to the team. Regardless of whether or not you are a Penn athlete, it is important to support your fellow Quakers! Sporting events are almost always free for Penn students, and we recommend that you attend games, matches, and meets to support your classmates and friends.

### Club

Through club sports, students are offered the opportunity to engage in competitive athletics outside of Varsity athletics. Sport clubs offer opportunities for Penn students to practice their specific sport 2-3 times per week. These clubs also compete at the local, regional, and national levels, depending on the specific club. There are currently thirty-six University recognized Club Sport student organizations, and these programs, in sum, boast approximately 1500 participants. In order to participate, one must only complete a participation waiver. For complete information and contacts for each club, visit the Sports Club Directory at <https://recreation.upenn.edu/sports/2019/9/25/sport-club-directory.aspx>.

### Intramural

Penn Recreation's Intramural Program provides a wide variety of sports leagues and tournaments with no required practices. Intramural Sports aim to provide students of any athletic ability or skill level with the opportunity to play or try a new sport. The goal of intramural athletics is to provide fun, safe, and competitive sports programming that appeals to all levels of athletes. For more information, visit <https://recreation.upenn.edu/sports/2019/9/25/registration.aspx>.

### Recreation

In order to stay active on campus, Penn Recreation offers multiple facilities available to Penn students. The David Pottruck Health and Fitness Center, Robert A. Fox Fitness Center, Penn Park, and Franklin Field are open to the Penn community all free with your PennCard. Included in facilities are state-of-the-art cardiovascular equipment, weight rooms, an Olympic-sized pool, basketball courts, a climbing wall, golf simulator, group exercise classes, and more!

## **Study Spaces**

Finding a good study spot at Penn will help you be productive and successful. Around campus there are many different study locations, so you can find one that fits your study habits.



## Libraries

- Van Pelt Library – VP is one of the most popular study spots on campus. With the computer labs, group study rooms, and couches, there are many different options to explore. If you are looking for a quiet room with comfortable couches and a nice view, head to the sixth floor. If you want to study with a group consider booking a group study room or booth in Weigle Information Commons. Conveniently, the basement of Van Pelt is open twenty-four hours for late night studying.
- Fisher Fine Arts Library – This beautiful red brick building is a great place for those who enjoy studying in a very quiet setting. The Shakespearean mottos etched in glass windows might be a good source of study motivation.
- Education Commons – Located in the mezzanine of the George A. Weiss Pavilion in Franklin Field, Education Commons is one of the less well-known study spots on campus. It has beanbag chairs and wonderful study rooms that you can book. You can even take study breaks at the Fox Gym below!
- Bio-Med – The Biomedical Library is conveniently located for students living in the Quad. It is a quiet study location with plenty of resources for students interested in learning about health sciences.
- Biddle Law Library – The law library is an alternative to the Bio-Med library for students living in Kings Court English, Hill, or Lauder College House. If you want to get work done in a silent library that is less bustling than Van Pelt, this is the place for you.
- Other libraries – Annenberg, Chemistry, Dental, Math-Physics-Astronomy, and the Vet School.

## Other Popular Study Locations

- Huntsman Hall – While only Wharton students can book the group study rooms in Huntsman, there is still plenty of space in this building for other students to study in silent settings or with groups. For study breaks and snacks, Huntsman contains two Pret A Manger's.
- Houston Hall – Houston, America's first college student union, is a great place to work if you want to be near food. Houston Market and Insomnia Cookies are in the basement. The tables on the ground level are a good place for group study.
- Silfen Study Center – Located on the first floor of Williams Hall, Silfen Study Center is quiet and very close to the student-run Williams Café. It is open late on weekends if you want a place to study late at night.
- Towne Building – The Towne Building, located in the Engineering Quad, has a lot of computers and space for collaborative work. It is a common study place for Engineering students.
- Weingarten Learning Resources Center – Beyond being a useful academic resource, Weingarten is a convenient study location, especially for students living in the Quad. It is located in Stouffer Commons.
- Penn Bookstore – The cafe on the upper level of the bookstore is a good place for group work, or to work alone. However, finding seats near an outlet can be difficult.
- Coffee Shops – On and around Penn's campus, there is a truly infinite number of locations to get coffee and do some work. To name a few that you might want to check out: United by Blue, Green Line Cafe, Mark's Cafe, Williams Cafe, Stommons

(Starbucks under commons, where you can use dining dollars), off-campus Starbucks (many locations), Metropolitan Bakery, Saxbys, Dunkin’ Donuts, or go into Center City.

- Highrise Rooftop Lounges – Located on the top floor of Harnwell, Harrison, and Rodin College Houses are rooftop lounges with a beautiful view of the surrounding cityscape. You do not have to be a resident of the high rises to study here.
- Your College House – All of the College Houses have some type of library or lounge for studying. These lounges and libraries are especially convenient if you don’t want to leave your building to get some work done.

## Traditions

Since Penn has been around for a few hundred years, some unique traditions have emerged that are a hallmark of the Penn experience.

- Econ Scream – At midnight the night before the first Microeconomics midterm exam in the fall, hundreds of freshmen gather in the Quad to scream. This scream serves as a form of stress relief before the first midterm in one of the most popular freshman classes.
- Throwing Toast at Football Games – After the third quarter of every home football game, Penn fans throw toast onto Franklin Field. This tradition comes with the line “here’s a toast to dear old Penn” in the song “Drink a Highball.”
- Homecoming – Homecoming weekend, celebrated in November, coincides with an important home football game. It is an opportunity for alumni to come back to campus and to reconnect with current students.
- Penn Relays – The Penn Relays are the largest and oldest organized track and field competition in the United States. Held the last weekend in April, this event draws up to 15,000 participants and 100,000 attendees.
- Spring Fling – Spring Fling, held in late April, is a festival with performances from student groups, free food, and activities that culminates in a concert at Penn Park with popular performers.
- Hey Day – Hey Day represents the transition from junior to senior year at Penn. The Junior class marches down Locust Walk together with styrofoam hats and canes toward College Hall to be welcomed by the President as the new Senior class.

## Staying Safe

Living in Philadelphia is an exciting opportunity, but like any city, there are extra concerns to take into account.

Penn offers a number of services to help students feel safe and protected. Here is a summary of ways you can best stay safe on campus – it would be wise to enter these numbers in your phone before you get to campus.

HELP Line (215) 898-HELP(4357)	The University’s HELP line is a 24-hour-a-day phone number for members of the Penn community who are seeking time sensitive help navigating Penn’s resources
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	for help and wellness. This line provides a single point of entry for information on how to get help with personal problems, whether your own or someone else's. This line can provide information and referrals to wellness resources on campus, such as SHS, Public Safety, CAPS, and others.
Emergencies Call (215) 573-3333 or dial 511 from any campus phone	Phone number for all medical and emergency-related calls, including suspicious behavior. This number can be used to reach Penn Police or Public Safety personnel. Note that the number for the Medical Emergency Response Team (MERT) is the same.
Walking Escort Service: (215) 898-WALK (9255)	Walking escorts are available between 30th and 43rd Streets, 24 hours a day, 365 days a year. From 10:00 AM to 3:00 AM, escorts are available between 30th and 50th streets, from Spring Garden Street to Woodland Ave. Many students use walking escorts, so do not hesitate to use these services. You can also request a walking escort in person by asking any public safety officer on patrol.
Penn Transit Services: (215) 898-RIDE (7433)	The Penn Ride services operate Monday-Sunday 6:00 AM to 3:00 AM, with limited on-call service from 3:00 AM to 7:00 AM. Visit <a href="http://www.upenn.edu/transportation">http://www.upenn.edu/transportation</a> for more information.
UPenn Alert Emergency Notification System	This system alerts members of the University community during major emergencies via text messages, email, digital displays, and the Penn Siren Outdoor System (Penn SOS). If you haven't done so already, take a few minutes to register and update your contact info – this is secure and confidential. You can register via Penn InTouch.
Blue Light Phones	There are over 300 blue light phones installed around campus, which are a direct line to the Division of Public Safety. Just pick up the receiver and press the button to be connected to a dispatcher – use this service to report potential safety hazards, request a walking escort, or request Penn Police assistance.
Penn Guardian	This service allows the DPS emergency communications center to identify your GPS

	<p>coordinates when you call from a cell phone registered with Penn Guardian. Register here:  <a href="https://www.publicsafety.upenn.edu/safety-initiatives/pennguardian/register/">https://www.publicsafety.upenn.edu/safety-initiatives/pennguardian/register/</a></p>
<p>Property Registration</p>	<p>Students can register bicycles, electronic equipment, and other valuables online with the University of Pennsylvania Police department. This should not be a substitute for being careful with your valuables – do not leave your computer alone in the library when you go to the bathroom. Register on Campus Express.</p>
<p>RAD Self-Defense Courses</p>	<p>The Department of Special Services within the Department of Public Safety offers free-of-charge self-defense classes. These 6, 9, or 12-hour courses are offered to all members of the Penn community, but separate courses are also available for men and women. Registration information can be found at:  <a href="https://www.publicsafety.upenn.edu/safety-initiatives/rad-self-defense-courses/">https://www.publicsafety.upenn.edu/safety-initiatives/rad-self-defense-courses/</a></p>

**Finding Balance**

College life can be stressful and will present you with new challenges. Penn students are brilliant and hardworking, but this does not mean they should not seek help. In fact, a major part of transitioning to college is knowing how to seek help when you need it. Classes and college stress can make it easy to lose sight of how important it is to prioritize well-being of all types: physical, spiritual, and emotional. While this guide is only a short introduction to resources and services at Penn, we encourage you to actively seek sources of support and communities that support you holistically.

**Physical Wellness, Fitness, and Exercise**

There are many ways to stay fit and active while at school. Pottruck Gym, located at 37th and Walnut, is where most students go to work out, take fitness classes, swim, and rock climb. Membership to Pottruck is included in tuition so all undergraduates are able to attend. Fitness passes to classes such as spin, zumba, barre, and yoga are all available for purchase. Penn also has a secondary gym, Fox Fitness, located in Franklin Field. Penn Recreation also coordinates intramural sports and sports clubs. See their website for a more thorough overview of offerings:  
<http://www.upenn.edu/recreation/>

We also recommend checking out the meditation and yoga classes sponsored by Student Health Services. These are provided free of charge and are located centrally on campus for de-stressing sessions between classes.

## Health and Wellness Resources

Counseling and Psychological Services (CAPS) 215-898-7021	Free, confidential, individual and group therapy and advocacy, including stress reduction
Student Health Services (SHS) 215-746-3535	Affordable, accessible, primary, preventative, and specialty healthcare for all students.
Student Intervention Services (SIS) 215-898-6081	Support, referrals, and case management for critical matters or emergencies involving safety and wellness.
Office of Alcohol and Other Drug Program Initiatives (AOD) 215-573-3525	Non-judgemental, confidential interventions regarding drug and alcohol use and concerns.
College Houses and Academic Services 215-898-5551	Support, advocacy, and referrals from Residential Advisors (RAs) and Graduate Associates (GAs), faculty master, house fellow, house dean, and house coordinator in every college house.
Office of the Chaplain 215-898-8456	Pastoral support, guidance, informal advising and counseling referrals.
Reach-a-Peer Line (RAP Line) 215-573-2727	Peer support, information, and referrals from students to students, nightly from 9pm to 1 am or online.
Penn Women’s Center	Confidential crisis/options counseling and referrals for issues including (but not limited to) gender based harassment, sexual violence, stalking, abortion, helping a friend.

### **Part III: Life Beyond Penn**

#### **During the Summer**

Summers in college are a great time to explore a variety of opportunities. Every Penn student has a unique experience; when making your summer plans, think about what works best for you, not what your friends are doing. Some students choose to stay at Penn to take summer courses. The University has two five-and-a-half-week sessions and one eleven-week session over the summer, starting the week after graduation. While course offerings vary each summer the list of course options becomes available during the spring semester for registration. Note that tuition is charged on a per-course basis and varies according to the school offering the course.

Many students also pursue research opportunities or internships during the summer. Look to CURF for research opportunities and Career Services for internship or job help. However, an internship over the summer is by no means necessary – many students choose to pursue other options, such as returning home, studying abroad, and more.

### **Career Services**

Career Services (<https://www.vpul.upenn.edu/careerservices/>) has many job listings, descriptions and potential graduate school options organized by geography and field of study on their website. It is also a great tool for getting your resume and cover letter checked, receiving interview advice, and notifications about networking events and other career-related opportunities. Career Services uses a platform called Handshake, which centralizes job postings, information session logistics, and interview sign-ups during the On Campus Recruiting process. There are also many career workshops and seminars offered by Career Services for students interested in a wide range of careers or fields of study, law, business, and medicine. You can make an appointment to see an advisor or mentor through the Career Services website or visit their office, located on 3817 Locust Walk, during walk-in hours.

### **Applying to Graduate School**

There are a number of options for those interested in going to graduate school – none of which you should lose sleep over as a freshman but are worth keeping in mind. A good place to start is Career Services, which can help you to plan and prepare for graduate school admissions processes later in your college career. Faculty can also be a good resource to help find a program that is suited to your needs and interests.

### **Fellowships**

While you may have heard of some of the major fellowships, like the Rhodes or Fulbright, there are many fellowship opportunities available. Generally speaking, fellowships are highly competitive awards fully funding study, research, or work abroad after you graduate, usually lasting one or two years. Each fellowship works slightly differently, and some you even apply for as a sophomore or junior. The best resources for learning about fellowships is through CURF. They regularly hold Fellowship 101 information sessions and have advisors to help you plan for these opportunities.

### **Exploring Philadelphia**

At Penn, campus culture is very dominant, and sometimes, you may feel like you need a break from school. Penn's location is great because of the easily accessible public transport system and proximity to city life with great cafes, restaurants, and history. The city has a number of exciting neighborhoods which are all accessible by SEPTA, the city's main public transportation. You can explore the historical and cultural side of Philadelphia – Independence Hall, the Liberty Bell, the Philadelphia Museum of Art, and Reading Terminal Market – or can go cheer on the Phillies,

Flyers, 76'ers, or Eagles with your friends. There are also numerous restaurants all over Philadelphia from Fishtown to Rittenhouse Square. In fact, many restaurants participate in "Restaurant Week" during which they offer a set menu for a reasonable price – ideal for students looking to try new foods on a budget. As you explore Philadelphia, take advantage of opportunities for free trips to various locations in the city.

#### **Part IV: Transfers**

Congratulations and Welcome Incoming Transfers!

Founded by transfers, the Transfer Student Organization (TSO) is a long-term resource for transfer students at Penn. Transferring to a new school can be especially challenging, and TSO was created primarily to address the needs of incoming transfers as they assimilate to the Penn community. Since its inception in 2011, TSO has grown from a group of three interested students to a booming organization with 150 additional members each year. The organization now plays a central role in coordinating and staffing New Student Orientation for transfer students. In addition, TSO is increasingly becoming engaged in advocating for transfers' administrative and academic issues such as writing seminar credit, timeliness of XCAT credit approval, housing options, and upperclassmen exemption from meal plans.

As students settle into new academic and extracurricular life, TSO prides itself in serving as another outlet to a vibrant, new community on campus by planning social events throughout the year. It also provides a community where transfer students can openly express their experiences with the transfer process.

#### Housing Options

All new students must live on campus their first year, with minor exceptions. The housing application process is very simple, and transfers live in almost every college house on campus. TSO has also collaborated with Residential Services to establish transfer housing communities. These communities are currently available in Mayer Hall and Gregory College House. They are very popular among new transfers because they guarantee that a floor will have a sizable share of transfers. The college houses that host these communities also frequently have transfer-specific social events and other types of special programming. Once you get your PennKey and can log into university resources, log onto Campus Express. There, you will be able to rank your choice for housing options. If you would like to room with a fellow transfer, you can start by visiting the transfer Facebook group. Please contact Penn Residential Services or TSO if there are any lingering questions.

#### Meal Plan

Currently, all incoming transfer students must sign up for a meal plan; this may be a large freshman meal plan, or a smaller upperclassmen meal plan, but transfers must sign up. TSO typically recommends that transfers – especially junior transfers – get plans that have more

dining dollars than meal swipes, but ultimately, the plan that transfers choose should depend on their own personal preference.

### Transfer Credits

XCAT, or the External Course Approval Tool, is the platform used to transfer credits from your previous school to Penn. Preliminary evaluation of credits should be available within the first three weeks of admission, but transfers need to submit courses on XCAT for formal approval. To do this, simply log onto XCAT with your PennKey and upload your syllabi, course descriptions, transcript, and other relevant documents. Faculty from each department will review credit requests and determine the equivalent Penn course, thus awarding credit. If you do not get a response within two weeks of submitting your request, contact the department head. In general, transfer credit may be awarded for academically based courses taken at a regionally accredited institution with a grade of C or better. These courses should be similar in content and setting to the curriculum at Penn. Credits transferred from your previous school will become a part of your official student record, but will not be used to calculate your GPA. Feel free to utilize the video tutorials on XCAT for further instruction.

### Writing Seminar

All students must take a writing seminar course before graduating from Penn. Currently, only juniors may receive writing credit from their previous institutions, and the requirements are very stringent. Junior transfers will have to take a diagnostic test during New Student Orientation to be exempt from the writing seminar. Since the writing seminar is traditionally taken freshman year, TSO has created an upperclassmen-only writing seminar in order for transfers to fulfill the requirement with fellow transfers and upperclassmen.

### Registration

You will register for courses through Penn InTouch. Be aware that registration for your first semester courses will be different from registration for your other semesters. Transfers register for courses after other undergraduates pre-register, so you will only be able to register for classes that are open unless you have a permit from the professor.

### Studying Abroad

If you are an incoming sophomore transfer, please research programs of interest and plan your schedule accordingly. Consult with your academic advisor or visit Penn Abroad for more information. Unfortunately, incoming junior transfers are not allowed to study abroad, though they are encouraged to explore the countless other opportunities to go abroad offered by Penn, including global seminars and internships abroad.



Useful Websites

- Information about Transfer New Student Orientation – <http://www.upenn.edu/nso/about-us.html>
- TSO’s Official Website and FAQ – <https://penntso.wixsite.com/penntso>
- TSO’s Facebook Page – <https://www.facebook.com/PennTSO>
- Link to XCAT credit approval tool – <http://www.sas.upenn.edu/computing/xcat>
- TSO’s Instagram – <https://www.instagram.com/penntso>

**Where Do I Go If**

<p>I don’t know what classes to take next semester?</p>	<ul style="list-style-type: none"> <li>● Ask your advisor and upperclassmen for recommendations.</li> <li>● You might also want to check department websites for lists of offered courses and posted syllabi.</li> <li>● Check courses using the course search tool on Path@Penn, and see course evaluations on Penn Course Review.</li> </ul>
<p>I don’t know how to fulfill my requirements?</p>	<ul style="list-style-type: none"> <li>● Speak to your advisor or check the list of which courses fulfill requirements on your school’s website.</li> </ul>
<p>I don’t know which activities to get involved in?</p>	<ul style="list-style-type: none"> <li>● Be sure to check out the Student Activities Fair in the Fall and Spring</li> <li>● The Office of Student Affairs website links to other organization websites where you can get more information.</li> </ul>
<p>I want to pursue research opportunities?</p>	<ul style="list-style-type: none"> <li>● The Center for Undergraduate Research and Fellowships (CURF) provides up-to-date information on various research opportunities, grants, and fellowships.</li> <li>● Check out SCUE’s Roadmap to Research for advice on research in different disciplines and student experiences.</li> </ul>
<p>I find myself falling behind?</p>	<ul style="list-style-type: none"> <li>● The Weingarten Learning Resources Center can help you budget your time more efficiently.</li> <li>● The Tutoring Center offers private</li> </ul>

	<p>tutoring, workshops, review sessions, and other special events.</p> <ul style="list-style-type: none"><li>● Talk to your professors and advisors who can help connect you with other resources to help you succeed.</li></ul>
I am thinking about studying abroad?	<ul style="list-style-type: none"><li>● The Penn Global office and website have information on what study abroad options are available.</li></ul>
I need help with my résumé, cover letter, or internship search?	<ul style="list-style-type: none"><li>● Career Services has tons of resources available to start your internship search. Advisors are available to review documents or schedule appointments to discuss career plans.</li></ul>
I am really stressed or need more direct counseling?	<ul style="list-style-type: none"><li>● Counseling and Psychological Services (CAPS) offers individual and group counseling and therapy, crisis intervention, structured workshops, psychological testing, medication reviews and consultations, and more.</li></ul>
I am completely lost or am unsure of where to look?	<ul style="list-style-type: none"><li>● SCUE's Roadmap to Penn offers a comprehensive overview of the Penn undergraduate experience.</li></ul>