

**IOWA**

Division of Student Life

# Welcome to the University of Iowa!

**BECOMING A HAWKEYE**



# IOWA CHALLENGE

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## **EXCEL**

set high standards and utilize all the resources to help you be successful



## **STRETCH**

engage with new people, challenge ideas, and learn from one another



## **ENGAGE**

get involved in activities of interest – of purpose – of areas of growth



## **CHOOSE**

make decisions that focus on the reason you are here and build upon that education as well as use your new freedom wisely



## **SERVE**

be good neighbors, citizens, and scholars – to leave this place better than you found it. Be good to others. Make the community a great place to live



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“It is my belief that the essential thing to be gained from a college education is to learn to think, to think for yourself; to develop an active, alert, inquiring mind...In reality you have to educate yourself. College only presents the opportunity.”

-NILE KINNICK



# OPPORTUNITIES

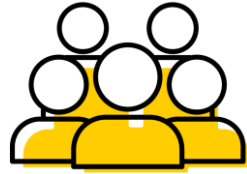
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- get involved in organizations and activities,
- participate in undergraduate research,
- hang out with friends at the Campus Recreation and Wellness Center for late night at the Rec,
- take a tour and attend an event at our cultural centers,
- see a musical at Hancher Auditorium,
- go to office hours with your faculty member,
- join Dance Marathon
- go on a Hawkeye Service Break trip during spring break,
- study in one of the libraries on campus,
- attend a sporting event,
- reach out whenever you have a question or need assistance,
- engage with the variety of campus resources we have to support you
- **DON'T HESITATE TO ASK FOR HELP! We are here for you!**

# SUPPORTING THE **WHOLE HAWKEYE**

## PEOPLE WHO MATTER

Relationship-rich experiences connecting students with faculty, staff, peers, alumni



## PLACES TO BELONG

Every student can find community through spaces, places, and experiences at Iowa.



## PATHS TO SUCCESS

There is no single way to be a successful Hawkeye. We help students develop skills to lead and thrive through life's ups and downs



## PASSION & PURPOSE

Room to explore passions and discover purpose through experiential learning, involvement, campus employment, and more



# PEOPLE WHO MATTER

## Chloe Inskeep

- Hired as a first-year student
- First-Gen Hawks Participant
- Active in CHAARG
- Senior Class: 82

*“My employment is in the office of the vice president for student life. Every single time we see each other, the vice president talks to me about how it's going and how I'm feeling. And, along with her assistant, Eric Rossow, they have been, seriously, one of the best things ever for me and my education. They make you feel like you want to be there, and they want you there.”*



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# PLACES TO BELONG

## Selveyah Gamblin

- USG Justice and Equity Director
- 2022 Wynonna G. Hubbard Scholarship recipient
- DOS Student Advisory Board member
- 2022 First-Generation Student Achievement Award recipient
- 2022 undergraduate Hancher-Finkbine Medallion recipient



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# PASSION AND PURPOSE

## Shawn Boursiquot

- Involved at the Afro House
- Worked with Hubbard Scholars and started BARS (Black Art Real Stories)
- Admitted to UCLA and USC Film Schools
- George Lucas Scholar, USC
- MFA in Screenwriting





# PATH TO SUCCESS

## Catie Hurley

- Panhellenic Officer
- President's Leadership Class
- College of Public Health Ambassador
- Graduate school applications



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## PEOPLE WHO MATTER

Relationship-rich experiences connecting students with faculty, staff, peers, alumni

*"My job provided me with a sense of belonging. It gave me a place where I was needed, a place where I was accepted, and a place I was expected to be."*

*-DSL Student Employee*

## Iowa G.R.O.W.

- Iowa GROW® (Guided Reflection on Work) makes student employment a "high-impact activity" that requires students to reflect on their learning and connect their learning within and beyond the classroom.
- GROW® participants are retained at **7-15 points higher** than non-GROW® participants
- Jump start to belonging
- On-campus internships

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