



Commuter Newsletter Spring 2021 (1)

Amy Lopez-Matthews (/student_profile?uid=4e5639cc-8538-11e8-b516-0ac8160dcdf6) - Thursday, January 21

Events



Welcome

Welcome to our new Commuter Students, and welcome back to returning students. There is some critical information within this newsletter about checking in prior to the start of the spring semester. This is required of all undergraduate students, including commuters. You have received numerous emails about this process and scheduling a time to check-in, but I've provided some of the details below.

In addition, you find information about ordering your textbooks (do this asap!), commuter lockers, greetings from SGA and Commuters on Campus, and information from many campus partners.

Please take time to read through the information provided, and email me if you have any questions (alopezmatthews1@udayton.edu).



Amy D. Lopez-Matthews
Executive Director, Center for Student Involvement
Commuter Student Adviser

Arrival and testing

- Students are strongly encouraged to quarantine themselves for 14 days prior to the date you arrive on campus. This will increase your chance of having a negative test when you arrive at UD.
- All undergraduate students who expect to be taking classes on campus this spring, as well as graduate students who live in University housing, must sign up at this link (<http://go.udayton.edu/SpringArrival>) for an arrival date to complete check-in procedures, which include a University-administered COVID-19 test, for spring semester. The link will be active at noon Dec. 14 for all students.
- Arrival dates and times will be scheduled from 8 a.m. to 6 p.m. between Jan. 15-31.
- Approximately 500-600 students (including residential students, students commuting to campus and students living in landlord owned properties) will complete the check-in process each day.
- During this check-in process, each student will receive a point-of-care COVID-19 test and will wait in the arrival center in RecPlex for their results. Results should be available within 20-30 minutes. If you test positive, you will receive additional tests to confirm, the results of which could take up to two hours.
- Students who test positive will be required to return home if they live closer than 400 miles from campus.
- The time period for quarantine/isolation will be based on recommendations from Public Health - Dayton and Montgomery County and the University's medical advisory panel.
- Students who test negative will be permitted to go to their residences immediately.
- To help reduce the risk of introducing the virus to the campus community, students must not go to their residences before being tested. This applies to undergraduate students living in landlord housing as well as all undergraduate and graduate students living in University housing.
- To help reduce the risk of spreading the virus, students are not permitted to check in and then return to their homes for remote study. Students who go home or otherwise leave campus for an extended period of time after their initial check-in and then return to campus will be required to quarantine for up to 10 days. Also, students should not arrive on campus before their scheduled appointment.
- Students avoiding a University-administered point-of-care test before moving into residences or repeatedly violating campus health and safety expectations are subject to University discipline and sanctions that include being barred from coming to campus to take classes in-person or remotely and may result in suspension for the semester.
- All new and transfer students living or studying on campus must complete the spring arrival process. Similar to returning students, you must sign up at this link (<http://go.udayton.edu/SpringArrival>) for an arrival time. Students are not allowed to have people assist them with move-in. Only roommates or University staff are allowed to assist students. UD Housing and Residence Life staff will be informed of the arrival of new students in their areas and encouraged to assist as possible with your arrival.
- If you are not returning to University housing for the spring 2021 semester but still need to retrieve your belongings, contact UD Housing and Residence Life via the online information form (<http://go.udayton.edu/spring>) to ask for a two-hour time slot between 8:30 a.m. and 4:30 p.m. between Jan. 4 and Jan. 11 to retrieve them. You can bring up to two additional people to help you. If you are unable to retrieve your items, you may designate someone else to pick them up, provided you notify Housing and Residence Life and your roommates first. You or your designate will not need a COVID-19 test before arriving on campus.



Testing

- During this check-in process, each student will receive a point-of-care COVID-19 test and will wait in the arrival center in RecPlex for their results. No family will be permitted to wait with them.
- You will wait in the RecPlex while your test is processed and results should be available within 20-30 minutes. If you test positive, you will receive additional tests to confirm, the results of which could take up to two hours.
- The initial point-of-care test is an anterior nasal swab antigen test. It is quicker and less invasive, and does not require the deep nasal probe of the nasopharyngeal (NP) polymerase chain reaction (PCR) test administered in the fall.
- Because there has been no definitive immunity established for those who contracted the virus, students who have tested positive for the virus are also required to be tested during January arrival.
- Due to the rapidly evolving circumstances of the pandemic and changes in testing, this testing protocol may change with little advance notice.

Textbooks

This semester, for the safety of our staff and students, our textbook floor will not be open to the public. All students must place their orders online and schedule a time to pick up their order once it has been fulfilled. Click the photo for a step by step guide.



Commuter Lockers

If you would like to reserve a locker in the Commuter Lounge for spring 2021, please submit a request at:

<http://cglink.me/s41581> (<http://cglink.me/s41581>)

Once your request is approved, you will be given further instructions regarding scheduling an appointment to pick up your key.

Key pick up will begin on Monday, February 1, 2021.

If you have any questions regarding lockers or the process, please contact Lennie Presock at (937) 229-3335 or via email, LPresock1@udayton.edu (<mailto:LPresock1@udayton.edu>).

Greetings from SGA (Student Government Association)



Hello Fellow UD Commuters!

I hope all of your winter breaks were relaxing and safe! As the Spring 2021 semester is upon us, I'd like to introduce myself as the SGA Head of Commuter Relations for the 2020-2021 school year.

My name is Courtney Henthorn and I am a second-year, biochemistry major from Dayton, OH. One of my favorite things about UD is our strong sense of community and camaraderie. In that spirit, I look forward to representing the commuter population's voice in SGA, as we are an integral part of the UD community.

Please feel free to reach out to me and access the SGA webpage (SGA webpage (<https://udayton.edu/studev/leadership/involvement/student-life/org-sga.php>)) if you have any questions/concerns/comments surrounding commuting or anything else I may be able to help you with this semester.

I look forward to speaking with all of you and representing our commuter community in SGA this semester!

Best Regards,

Courtney Henthorn

henthornc1@udayton.edu (<mailto:henthornc1@udayton.edu>)

Greetings from Commuters on Campus

If you have not joined the student organization Commuters on Campus, please go to 1850.udayton.edu and log in with your UD credentials. You can search for all of the UD student organizations there, but please consider searching for the organization that provides events for commuters. You can indicate you want to join, and then you'll be added to the roster. More to come about this in the future!

Spring 2021 Activities

The University has brought together some faculty/staff/students to provide some new activities for all undergraduate students. Watch for announcements about the many in-person programs and some virtual programs you can attend. Not sure about going alone? Go to the Commuters on Campus page in 1850 (1850.udayton.edu, and log in with your UD credentials) and message the group to see if some of you want to meet on campus and attend an event (physically distancing and wearing face coverings, of course!).

INFORMATION FROM CAMPUS PARTNERS



STUDENT LEADERSHIP PROGRAMS

Spring 2021 PATH Eligible Isidore Modules

January 19- February 7

- Maximizing Leadership Potential in Self and Others
- Reflections on Leadership- Growth Through Feedback and Self-Analysis
- See Your True Colors Shining Through
- MBTI- Your Personal Leading Style
- Make Em' SMART: Tips for Goal Setting

February 7- February 21

- Organizational Leadership: Developing Productive Relationships
- Organizations 101: Values, Vision, and Mission
- New Faces, Same Organization: Leadership Transitions
- What's in it for Them? Building Mutually Beneficial Relationships
- Reaching Back: The Importance of Mentorship in Leadership

For access to the Isidore site, email:
studentleadership@udayton.edu

If you have access to the site, find the modules under the "Online Modules" tab on the Student Leadership Programs Isidore page

Marianist Mindfulness

Join Neighborhood Campus Ministry for reflection and mindfulness inspired by the Marianist Tradition.

Open to all UDE Students.
PATH eligible & Virtual.

Thursday, January 21st	6:00p
Sunday, January 24th	5:00p
Wednesday, January 27th	5:00p
Monday, February 1st	7:00p

REGISTER AT:
[HTTPS://TINYURL.COM/MARIANISTMINDFULNESS2021](https://tinyurl.com/marianistmindfulness2021)
OR BY SCANNING THE QR CODE.

SPONSORED BY CAMPUS MINISTRY

the hangar

ALL GAMES ARE FREE
FOR UD UNDERGRADUATE STUDENTS
WITH A VALID STUDENT ID

BOWLING LANES

BILLIARD TABLES

BOARD GAMES

Hours of Operation:

MONDAY	10:00AM - 12:00AM
TUESDAY	10:00AM - 12:00AM
WEDNESDAY	10:00AM - 12:00AM
THURSDAY	10:00AM - 12:00AM
FRIDAY	10:00AM - 12:00AM
SATURDAY	12:00PM - 12:00AM
SUNDAY	12:00PM - 10:00PM

UNIVERSITY OF DAYTON'S
STUDENT LOUNGE
GROUND FLOOR OF
KENNEDY UNION

REGISTER TO PLAY: WWW.PICKTIME.COM/THEHANGAR

Looking for something to listen to on your way to campus? Ready for some content that isn't on ZOOM? We invite you to tune into UpstreamUD- a podcast hosted by The Brook Center. This show will highlight local, state, and national voices discussing the complexities of being human. Join us as, together, we tackle social issues, cultural movements, relationships and wellbeing in a way that showcases how we really are more alike than we are different.



COUNSELING CENTER

Welcome back Flyers!

The world continues to adjust and meet the ever evolving challenges due to COVID-19. It has impacted every aspect of our lives, including our physical and mental wellbeing. Social unrest continues to challenge us to reflect on the role we all play in systemic racism. We encourage you to be kind to yourself and those around you. Keep dialogue open and seek support when you need it.

The Counseling Center is excited to offer an expanded array of services to UD students.

- For the Spring 2021 semester, all services are via Zoom.
- Students who truly need a private space to participate in a Zoom session should discuss the options with their Counseling Center therapist. Limited private rooms will be available.

If you are interested in our services we encourage you to:

- take an anonymous emotional wellness screening (<https://screening.mentalhealthscreening.org/udayton>),
- consider scheduling a one-time Let's Talk consultation (https://udayton.edu/studev/health_wellness/counselingcenter/lets-talk/index.php),
- join one of our seminars or groups (https://udayton.edu/studev/health_wellness/counselingcenter/services/grouptherapy.php), or
- schedule a consultation (https://udayton.edu/studev/health_wellness/counselingcenter/services/counselingservices.php).

If you are in crisis

(https://udayton.edu/studev/health_wellness/counselingcenter/crisis/index.php), call the Counseling Center at 1-937-229-3141 during business hours, Public Safety at 1-937-229-2121, the National Suicide Hotline 800-273-8255 or text "Help" to 741741.

"Our lives begin to end the day we become silent about things that matter."

Martin Luther King Jr

CAMPUS MINISTRY

Taking Flight Retreat

Registration is now open (<http://tinyurl.com/RegisterUDRetreats>) for this retreat, designed for undergraduate students in their senior year (or 5th year, etc.), that explores the concept of discernment and next steps beyond UD. Participants will be empowered to examine what fuels them within their call

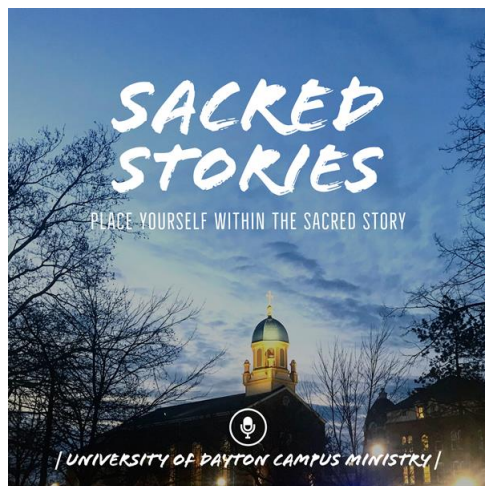


Sacred Stories Podcast

Campus Ministry's Office for Christian Leadership, Vocation and Retreats is excited to enter their second semester of its Sacred Stories podcast. Episodes are released every other Monday highlighting a member of the University community and how their story connects to a sacred text. Find the podcast on Apple Podcasts (<https://podcasts.apple.com/us/podcast/sacred-stories/id1529290508>), Google Podcasts

(<https://podcasts.google.com/feed/aHR0cHM6Ly91ZGF5dG9uLndhcnB3aXJLmNvbS9yc3MvMzlwQ0FBLw>), Spotify (<https://open.spotify.com/show/2w3RA7komuFV8BaZMjWvZh?si=4lAdFnfaR2aXe9dAM8s19A>), and the Campus Ministry [website](https://udayton.edu/ministry/about/clvr-podcasts.php)

(<https://udayton.edu/ministry/about/clvr-podcasts.php>). Contact [Mike Bennett](mailto:mbennett3@udayton.edu) (mailto:mbennett3@udayton.edu) to share your story.



DEAN OF STUDENTS CASE MANAGEMENT SERVICES

Case Management at the University of Dayton serves to provide our student population with outreach, advocacy, intervention, and support through times of difficulty to aid in the pursuit of personal and academic success through collaboration with faculty and staff in order to support a holistic and Marianist approach in caring for our student population, both individually and as a student community.

In the Dean of Students office, we work to insure our students feel supported through challenging times, and can provide support and advocacy services for a variety of concerns.

Common challenges faced by our student community include:

- Food insecurity
- Financial challenges
- Family challenges
- Loss of family members
- Substance abuse issues
- Transition to college life issues
- Academic concerns
- Social welfare
- Student life engagement
- Response to crisis situations
- Trauma support



If you have any questions, or are confused about what steps to take next in order to pursue your academic or personal success, please feel free to contact us and allow us to help figure out what next steps can be taken. Contact Clinical Case Manager Paul Schweickart at (937) 229-1212 or via email at deanofstudents@udayton.edu (<mailto:deanofstudents@udayton.edu>)



Get Active with UD Campus Recreation!

Welcome back, Flyers! University of Dayton Campus Recreation is here to motivate, inspire and empower you to live a healthy and active lifestyle by offering diverse programming indoor and outdoor programming this semester!

Questions about how UDCR is navigating through the COVID-19 pandemic and promoting a safe and healthy environment? Head here for a video walk-through of our facility (<https://youtu.be/WGZEzTzFRmA>) and tips and tricks for navigating through the semester with UDCR.

Looking to kick off the semester with some movement? Reserve your spot in one of our fitness zones or at the aquatic center, where you can utilize cardio and strength equipment or swim laps in the pool. You can also reserve time to play Badminton, Racquetball (limit one person per court), Basketball (limit one person per half court), and Table Tennis when COVID-19 testing allows. Studio C is available to reserve (limit one person). All RecPlex space reservations can be made here. (<https://activeflyers.udayton.edu/Program/GetProducts?classification=8db42875-bd5b-4578-ace1-68ab6d9a4f2d>)

Group Fitness classes are back at the RecPlex! All classes are adjusted to allow for physical distancing. Our certified instructors teach safe, fun and challenging classes designed to increase strength, improve flexibility & balance, and challenge cardiovascular endurance to meet the needs of the UD Community. Classes are set to begin on an adjusted schedule during Spring Arrival, with the full Spring 2021 schedule to follow beginning February 1. Head here to reserve your spot once the schedule is released (<https://activeflyers.udayton.edu/Program/GetProducts?classification=00000000-0000-0000-0000-000000026002>)!

Interested in starting a new routine or curious about exercises that would best benefit you and help you to meet your goals? Our UDCR Personal Trainers are here to provide you with the knowledge, skills and strength to obtain your goals both in fitness and in life! Our trainers are accepting new clients for Spring 2021 -- for more information and to connect with a trainer, visit our UDCR Personal Training page. (https://udayton.edu/studev/health_wellness/campusrec/fitness/personal-training.php)

UDCR will continue to offer physically-distanced Intramural programming this semester, which is a great way to make friends with common interests and compete for your chance to win a coveted Intramural Champion T-shirt! There will be both Spring 2021 league and tournament opportunities, including Indoor Volleyball, Pickleball, Innertube Water Polo and Foosball Floor Hockey. Create your account and register for upcoming seasons or tournaments here (<https://www.imleagues.com/spa/intramural/de5862c62e834eaf9313f491f90a13b9/home>) -- registration for some tournaments is already open!

Looking to get outside in the crisp winter air? RECBike rentals are available to rent and ride around campus or explore the Dayton area and its many bike paths on one of our weekly Group Rides! Rent your RECBike here. (<https://activeflyers.udayton.edu/Program/GetProducts?classification=a020fe68-5f6e-4e50-aca1-f725cf79d4fa>) Staying indoors more of your thing in the cold temperatures? Check out UDCR's extensive Rock Wall programming this Spring, including Learn to Belay Clinics, Climb Mt. Everest and Storm the Summit competitions, and our all-new Cosmic Climb! Rockwall reservations can be made here. (<https://activeflyers.udayton.edu/Program/GetProgramDetails?courseId=75317925-9415-4ccc-81a5-f6e62bf33219&semesterId=03326eba-9140-4353-be3d-acbbffcfa1b0>)



Old River Park is closed due to the cold temperatures, but keep an eye out for an opening date later this Spring! Old River Park boasts beautiful green spaces, walking paths, fishing and paddling rentals, and is home to EarthFest, an event held in April to celebrate Earth Day. More info coming soon!



To learn more about our offerings and what we're doing to promote a healthy and safe environment, head to our website at go.udayton.edu/campusrec (https://udayton.edu/studev/health_wellness/campusrec/index.php) or follow us on social media:

Instagram: @ud_campusrec

Twitter: @ud_campusrec

Facebook: www.facebook.com/UDCampusRec (<http://www.facebook.com/UDCampusRec>)

Global Learning Opportunities 2021

SUMMER 2021

Program applications are open and include international, domestic, and virtual experiences. Visit go.udayton.edu/FLPcosts for program list and costs, which start at \$2,400.
Application deadline is Feb. 1.

Click "Virtual Student Abroad Fair" on our website for details about our Jan. 22, 12-2pm drop-in event featuring general info, as well as faculty program leaders.

FALL SEMESTER 2021

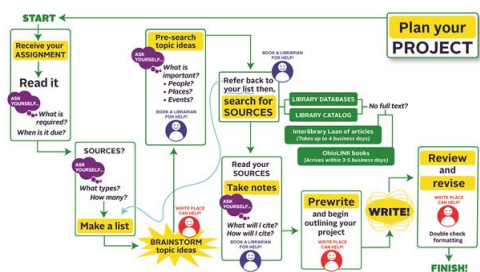
Program applications will open the first day of spring semester. Check out opportunities to travel abroad or domestically to Hawaii or Texas.

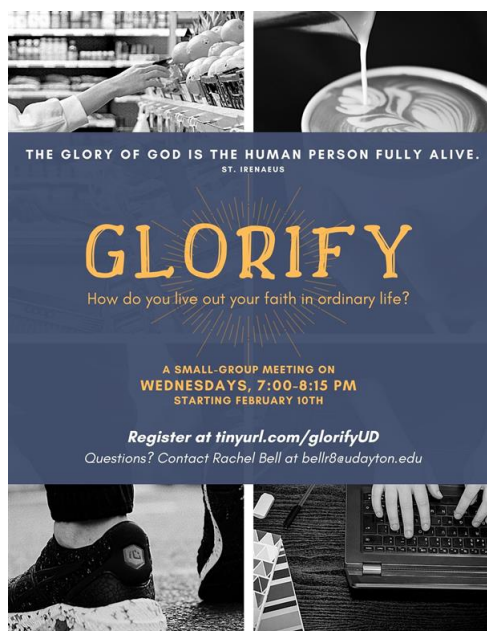
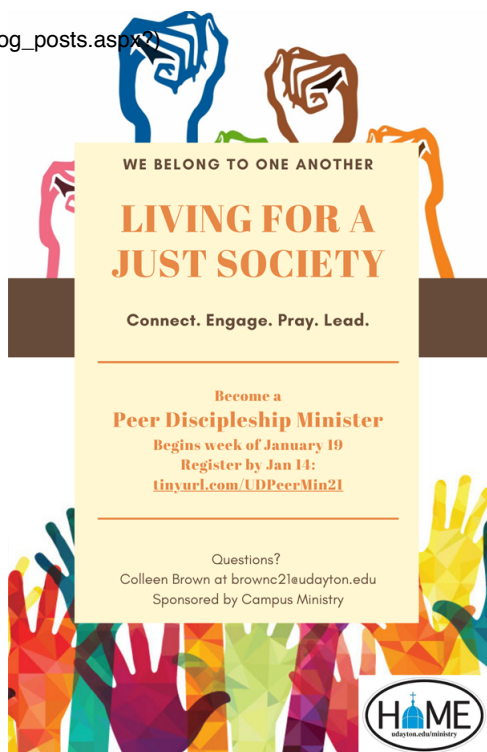
SCHOLARSHIPS

Many of our scholarship opportunities have expanded in scope this year, meaning there are even more that might be available to you, especially if you have financial need.

Visit our website for more details or to schedule a one-on-one advising appointment to discuss programs and/or scholarships

Office of Education Abroad, University of Dayton
www.udayton.edu/edabroad | edabroadeudayton.edu





Career Services

Hours of Operation

The Career Services office will be open virtually Monday-Friday between 8:30 AM – 4:30 PM. You can schedule a virtual career advising appointment through Handshake (<https://app.joinhandshake.com/appointments>) or by calling our office at 937-229-2045.

If there is a need to visit the Career Services office in-person, per University policy you must wear a mask to enter the building and throughout your visit. Health and safety protocols must be observed throughout your visit. Contact Career Services at 937-229-2045 or careerservices@udayton.edu (mailto:careerservices@udayton.edu) with any questions. To reach Student Employment, call 937-229-3249 or email studentemployment@udayton.edu (mailto:studentemployment@udayton.edu).

Spring 2021 Virtual Career Fair Week



SPRING 2021 VIRTUAL CAREER FAIR WEEK

February 8-10, 2021 | 2:00 - 5:00 PM

February 8: Science, Information Technology, and Healthcare Day

([https://app.joinhandshake.com/career_fairs/20783/employer_preview?](https://app.joinhandshake.com/career_fairs/20783/employer_preview?token=P5wTwPac09dARdmoXIS4pv5oBh8MyuU15oQB5Qb507oNmWG4Sd4tRg)

[token=P5wTwPac09dARdmoXIS4pv5oBh8MyuU15oQB5Qb507oNmWG4Sd4tRg](https://app.joinhandshake.com/career_fairs/20783/employer_preview?token=P5wTwPac09dARdmoXIS4pv5oBh8MyuU15oQB5Qb507oNmWG4Sd4tRg))

February 9: Engineering, Research, and Sustainability Day

([https://app.joinhandshake.com/career_fairs/20785/employer_preview?](https://app.joinhandshake.com/career_fairs/20785/employer_preview?token=uOaZ__2g91Ey5M8dvq_kJGdQKnoaDXQC7vRg6lcSijHDV_glNiFcKw)

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February 10: Communication, Creative, Business, Human, and Public Services Day

([https://app.joinhandshake.com/career_fairs/20786/employer_preview?token=mbcUtmf-](https://app.joinhandshake.com/career_fairs/20786/employer_preview?token=mbcUtmf-vHwXoaQYPVbKKWg3R8Fj991CYckzHX9umugEH_A_8JH1jg)

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Need a quiet space for a virtual interview?

Check out the Employer Engagement Center, located next to Career Services. The Employer Engagement Center has 9 private rooms available for student use, including 3 technology enabled rooms. Rooms will be available on a reservation basis. Reservations can be made by emailing employerrelations@udayton.edu (mailto:employerrelations@udayton.edu).



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MORE CATEGORIES

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