



# East Stroudsburg University

## At a Glance



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# Residence Hall Move-In

## New Students

- Thursday August 25<sup>th</sup>

### Last Names:

- A-D: 9:00 AM – 11:00 AM
- E-K: 11:00 AM - 1:00 PM
- L-P: 1:00 PM - 3:00 PM
- Q-Z: 3:00 PM – 5:00 PM
- For more information about move-in click [here](#)

## Returning Students

- May return either Saturday August 27<sup>th</sup> or Sunday August 28<sup>th</sup>
- 10:00 AM – 4:00 PM in no particular order

<b>University Offices</b>				
<b>Move-in Weekend Hours</b> <i>(Subject to Change as Necessary)</i>				
	<b>Thursday, August 25</b>	<b>Friday, August 26</b>	<b>Saturday, August 27</b>	<b>Sunday, August 28</b>
Admissions Office <i>Reibman Administration Building</i>	8 a.m.–4:30 p.m.	8 a.m.–4:30 p.m.	9 a.m.–1 p.m.	9 a.m.–1 p.m.
University Center Bookstore <i>Normal Street</i>	8 a.m.–6 p.m.	8 a.m.–5 p.m.	10 a.m.–5 p.m. 6–8 p.m. Bookstore VIP Event	10 a.m.–5 p.m.
Campus Card Center <i>(eCard Services) University Center</i>	8 a.m.–4:30 p.m.	8 a.m.–4:30 p.m.	8 a.m.–4:30 p.m.	8 a.m.–4:30 p.m.
Dansbury Commons Dining Hall <i>Normal Street</i>	7–10:45 a.m. Breakfast  10:45 a.m.–2:30 p.m. Lunch  2:30–4:30 p.m. Light Lunch  4:30–8 p.m. Dinner	7–10:45 a.m. Breakfast  10:45 a.m.–2:30 p.m. Lunch  2:30–4:30 p.m. Light Lunch  4:30–8 p.m. Dinner	10 a.m.–2 p.m. Brunch  4:30–6 p.m. Dinner	10 a.m.–2 p.m. Brunch  4:30–7 p.m. Welcome Event, Main Quad
Student Enrollment Center <i>Zimbar-Liljenstein Hall</i> (Includes Financial Aid, Student Accounts, Student Records, Veterans Affairs, Transfer Services)	8 a.m.–4:30 p.m.	8 a.m.–4:30 p.m.	9 a.m.–5 p.m.	9 a.m.–5 p.m.
University Health Services <i>Flagler-Metzgar Center, 1st Floor</i>	8 a.m.–4:30 p.m.	8 a.m.–4:30 p.m.	10 a.m.–4 p.m.	Closed
Orientation and New Student Programs <i>403 Normal Street</i>	8 a.m.–4:30 p.m.	8 a.m.–4:30 p.m.	Staff will be available at orientation sessions.	Staff will be available at orientation sessions.
Mattioli Recreation Center <i>Centre Street</i>	10 a.m.–8 p.m.	10 a.m.–8 p.m.	10 a.m.–8 p.m.	10 a.m.–9 p.m.
Recreation Center B <i>Hawthorn Suites</i>	Closed	Closed	Closed	6–9 p.m.
University Center <i>Normal Street</i>	8 a.m.–4:30 p.m.	8 a.m.–10 p.m.	9 a.m.–5 p.m.	9 a.m.–5 p.m.



# Important Dates for New Students (Move-In Weekend)

- Thursday August 25:
  - Move-In Day
  - Evening Activities
- Friday August 26:
  - New-Student Orientation
  - Evening Activities
- Saturday August 27:
  - New-Student Orientation
  - Evening Activities
- Sunday August 28:
  - One Book Discussions
  - Picnic on the Quad
  - Mentor Program Meeting
- Tuesday August 30:
  - Academic Convocation
- For additional important dates, here is a link to the [Academic Calendar](#)

# University Police

- For parking permit information, click [here](#)
- Crime statistics are offered by University Police and may be found [here](#)
- University Police may be found in Hemlock Suites and may be contacted for non-emergencies at 570-422-3064; for emergencies dial 911
- For more information on the University Police visit [here](#)



# Campus Safety Tips

- Campus Safety Tips may be found [here](#)
- We offer an ESU Safe Ride Program(off campus); to learn about it, click [here](#)
- We offer an escort service where police will escort you to your residence if you feel unsafe on campus. Call 570-422-3064
- Blue Light emergency phones are located all over campus which may be pushed if you need help



# Health Insurance

- Health insurance is required to participate in University sanctioned, sponsored and/or approved activities
- For information on receiving health insurance, click [here](#)
- For an insurance enrollment card, click [here](#)

# Health Services

- For a copy of the Medical History Form, click [here](#)
- Services are available to all students enrolled in classes for credit
- The Health Center is located in the first floor of the Flagler-Metzgar Center
- For more information, visit [here](#)

## Counseling and Psychological Services (CAPS)

- ESU offers personalized and free confidential counseling services to enrolled students
- For referrals and appointments, call 570-422-3277 or visit them in person on the second floor of the Flagler-Metzgar Center
- For more information about CAPS, visit [here](#)



# Academic Computing

- Residence Hall Internet Requirements may be found [here](#)
- Campus Emergency Notification (e2Campus)
  - e2Campus registration [link](#)
- Computer Helpdesk
  - Location – Stroud Hall 303
  - Phone number - 570-422-3789

For more information visit [here](#)

# ESU Dining

- A variety of choices including an international night every Thursday
- To obtain information about Meal Plans, click [here](#)
- ESU offers Fresh and Healthy Menu Options, click [here](#)
- For a list of dining locations and hours, click [here](#)
- For more information, visit [here](#)



# 2016 Welcome Week

- Thursday, August 25:
  - Warrior Walk and Warrior Welcome with interactive presentations and activities: Front of Campus
- Friday, August 26:
  - Block Party including club tables, games, food and more: Centre Street
- Saturday, August 27:
  - Book Store VIP Night and Pep Rally: University Store and Eiler-Martin Stadium
- Sunday, August 28:
  - One Book, One Campus Book Discussion and Welcome Week Picnic: Various Locations and Shawnee Quad
- Monday, August 29:
  - Free Rita's Water Ice: University Center
- Tuesday, August 30:
  - Drive-In Movie (Captain America: Civil War): Shawnee Quad
- Wednesday, August 31:
  - Trivia Contest: Common Grounds
- Thursday, September 1:
  - Kate Mills, Musician and Gift Card Bingo: Shawnee Quad and University Center
- Friday, September 2:
  - Climber Tower/Canoeing and Karaoke: Stony Acres and Common Grounds
- Saturday, September 3:
  - Dorney Park Trip: Allentown, PA

To view locations and times for events, click [here](#)

# Recreation Center

- Two locations:
  - Mattioli Recreation Center located on Center Street
  - RecB Fitness Center located in lower level Hawthorn Suites
  - Check out their hours of operation [here](#)
- The Recreation Center offers Group Fitness, Personal Training, Leagues, Club Sports, and Special Events; to learn more, click [here](#)
- To view a calendar of events for the Recreation Center, click [here](#)



# Get Involved!

- For a list of clubs and organizations on campus, click [here](#)
- To learn about Campus Activities Board, click [here](#)
- To learn about the Student Government, click [here](#)
- To learn about Residence Hall Association, click [here](#)
- For information on what the Women's Center has to offer, click [here](#)
- Warrior Link is your connection for involvement, leadership, and networking, click [here](#) to learn more

Involvement continued on next slide



# Get Involved! (cont.)

- To learn about LGBTQA, click [here](#)
- To learn about Campus Ministry opportunities, click [here](#)
- To learn about Greek Life, click [here](#)
- Show your school spirit and attend sporting events; click [here](#) to view the Athletic Calendar
- To learn about leadership in the community, click [here](#)
- If you are unsure about your major, or desire an off campus job, click [here](#)



# Fun Things To Do On Campus!

- Residence hall staff and community boards sponsor social events throughout the semester; most events are open to commuter and residential students
- “Late Night” activities take place Thursday, Friday, and Saturday nights which are available to all students; click [here](#) to view upcoming events
- If you are interested in Service Learning, click [here](#)
- To learn about more events and activities, visit [here](#)



# Fun Things To Do Off Campus!

- Stony Acres is ESU student owned and offers many amazing activities, click [here](#) to learn more
- The Stroud Mall is a great resource if you enjoy shopping or seeing movies, click [here](#) to see what the mall has to offer
- The Crossings Premium Outlets offers a wide variety of stores to visit, click [here](#) to see all the possibilities
- To learn more about the Pocono Mountains, click [here](#)



# Taxi Services

- There are multiple taxi services available to East Stroudsburg; click [here](#) for contact information
- If you feel like driving yourself you may rent a car to drive from the University; click [here](#) for information about the WeCar

# Public Transportation

- The Pocono Pony is a great form of transportation for only \$1.00; for a list of bus routes and more information, click [here](#)
- The Martz Trailways are a great way to get to major cities; for information on the Martz buses click [here](#)



# Disability Services (OASIS)

- The Office of Accessible Services Individualized for Students (OASIS), formerly known as Disability Services helps to accommodate students who have a disability
- OASIS is located in the Science and Technology Center (SciTech), Room 341
- For more information, visit [here](#)

# Wellness Education and Prevention

- To learn about our Prevention and Education program, click [here](#)
- Learn about the Medical Amnesty law [here](#)
- For more information about AToD, visit [here](#)



## Office of Multicultural Affairs (OMA)

- Multicultural Affairs advocates for all students' needs
- Promotes diversity and unity among all on our campus
- OMA offers several programs; to view, click [here](#)
- For more information, click [here](#)

## Commuter Student Services

- There are additional lounges/labs/lockers/etc. available specifically for commuter students in the University Center
- Go to the information desk on the main floor of the university center if you need assistance
- For general information, click [here](#)

# Campus Card Center (eCard)

- Regular semester hours:
  - Monday through Friday  
8:00 AM – 4:30 PM
- Contact the Campus Card Center at 570-422-2273
- Visit the Campus Card Center online [here](#)

# Career Development Center

- The Career Development Center can help you prepare for your future
- Provide you with professional career development skills
- If you want help with major and career exploration, resumes, interviewing skills and more, click [here](#)



# Policies, Catalogs, and Student Handbook

- To view ESU's policies, click [here](#)
- To view ESU's Undergraduate Catalog, click [here](#)
- To view ESU's Graduate Catalog, click [here](#)
- To view ESU's Student Handbook, click [here](#)