



How to Best Support Your Pacer

July 2026



Welcome to the Marywood University Family!



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Overview & Purpose

The Transition Timeline

- Phase 1: Today through August 23
- Phase 2: August 23 through the Fall 2026 semester

We're here to help you identify what your students may be feeling before, during, and midway through their semester and what you can do to best support them!



The Office of the University Registrar



University Registrar
Mr. William Manley, M.S.

To connect with a staff member...
570-348-6280
registrar@marywood.edu



Communication & FERPA

Family Education Rights & Privacy Act of 1974 (FERPA)

The Act affords students the right to inspect their educational record, the right to seek to have the record amended if they feel the information contained in the record is inaccurate, and the right to restrict access to their record except where required by law.

Here's what we may say no to you on:

- Grades, schedules, or academic progress
- Billing or financial details
- Conduct or disciplinary matters

*Purpose of the FERPA authorization form that the student completes

Parent Tip: Stay informed by having regular communication with your student!



Supporting the Whole Student

College is more than academics, it's about supporting your student in every area of their life:

- Physical & Emotional Health
- Safety & Well-Being
- Connection & Belonging
- Academic Growth & Success

We are committed to delivering a formative student experience guided by our Catholic, IHM values in support of the Marywood University mission.





MyHealthMarywood - Student Health Clinic

When your student might need this:

- Feeling sick, injured, or run down
- Needs basic medical care or health advice

What they offer:

- Sick visits, basic care, and screening
- On-campus support at **no cost**
- Referrals for off-campus care if needed

What supporters should know:

- The Student Health Clinic does not issue medical excuses. Class attendance is an academic matter between the professor and student.
- Students are responsible for managing their own care - it's important to encourage them to make appointments early

Location: Loughran Hall off the main lobby



Medical Requirements (Residential Students)

Before Move-In: Required Health Forms

By August 1, your student must submit:

- Immunization record showing documentation of 2 MMR vaccinations
- Meningitis vaccination (A, C, W, Y) or waiver
- Physical exam within 1 year of enrollment date

Why this matters:

- Required to access the Student Health Clinic
- Students may not be able to move into on-campus housing

Encourage your student to:

- Carry a copy of their insurance card and understand how to access community-based healthcare services, taking into account limitations of their specific insurance plan.
- Upload a copy of their insurance card (front & back) to their [Student Health Portal](#).



Medical Requirements (All Incoming Students)

Required Health Forms

By August 1, your student must submit:

- Immunization record showing documentation of 2 MMR vaccinations
- Meningitis vaccination (A, C, W, Y) or waiver

Why this matters:

- Required to access the Student Health Clinic
- Students may not be able to register for classes

Encourage your student to:

- Upload a copy of their insurance card (front & back) to their [Student Health Portal](#).

*The Vaccination Waiver can be found on the Student Health Services Webpage.



Health Insurance

All full-time undergraduate, graduate, and international students are **required** to have health insurance.

There is a University plan available through United Healthcare that includes:

- 24/7 Student Assistance Program
- 24/7 HealthiestYou by Teledoc
- Behavioral medicine telehealth services
- Global emergency medical assistance
- Intramural and club sports coverage

What you should know:

- If your student already has coverage, you must complete the insurance waiver by the second week of classes.
 - Must submit carrier and policy information
- If you do not complete the waiver, you will be billed for the University plan.



Health Insurance

Before your student can use the Student Health Clinic, they must:

- Upload immunization records
- Complete the health history form
- Complete authorization for treatment

Important note for supporters:

- If your student is under 18, a parent or guardian signature is required



Suggested Medical Supply List for Students

Students should be familiar with commonly used OTC medications they use at home. Here are a few suggestions on what to bring to have on hand in their dorm room:

First Aid:

- Band-aids
- Ace wrap
- First aid tape, gauze, ointments
- Humidifier (cool mist)
- Hot/cold pack
- Sunscreen
- Digital thermometer

Over the Counter:

- Acetaminophen (Tylenol) and/or Ibuprofen (Motrin, Advil) for fever/pain
- Antacid for upset stomach
- Antihistamines/anti allergy (Zyrtec, Allegra)
- De-congestion/saline spray
- Cough Syrup
- Hydrocortisone cream for skin irritation
- Throat Lozenges

Center for Well-Being

When your student might need this:

- Feeling overwhelmed, anxious, or struggling emotionally
- Navigating stress, relationships, or transitions

What they offer:

- Free, confidential counseling, including personal counseling, group therapy, consultation, and crisis intervention services
- Crisis support & after-hours assistance
- Referrals for long-term or specialized care

What supporters should know:

- It's normal for students to seek support - it's your job to encourage it early, not just in a crisis
- Services are free & confidential!



Center for Well-Being

How Students Access Support

- Call 570-348-6246 to schedule an appointment
- Walk-in support available during business hours (Monday through Friday 8:30 AM - 4:30PM)

24/7 Support

- After-hours, weekend, and holiday on-call support available
- Students can call the same number & follow prompts

What supporters should know:

- Students can access support quickly & easily

Location: McGowan Building, 1017





Campus Safety

Prior to coming to campus, students should sign up for e2Campus Notifications & download the Omnilert App.



Your students may rely on Campus Safety for:

- Walking on campus at night
- Emergency or safety concerns
- Registering vehicle for parking
- Vehicle accident reporting
- Silent witness incident tips

They offer:

- 24/7 security & escorts
- Immediate response support

What supporters should know:

- Help is always available! Students should save Campus Safety's number in their phone (570-348-6242).

Where Your Student Will Find Their Place as a Pacer

Getting involved is one of the most important parts of a successful transition. Here are the spaces where your student will build connections and community:

- Living on campus (Housing & Residence Life)
- Getting involved in events and organizations
- Staying active through athletics and recreation
- Exploring purpose and values through mission-based opportunities
- Preparing for the future through career development
- Connecting over shared experiences like dining and campus traditions

Students who get involved early feel more connected, supported & successful!



Housing & Residence Life

When your students might need this:

- Questions about roommates, housing, or on-campus living
- Feeling disconnected in their living space

What they offer:

- Resident Assistants (RAs) for support
- Community building activities
- On-call staff for housing concerns

What supporters should know:

- RAs are often the first and best resource. It's important to encourage your students to connect with them from the beginning!





Move-In Day (August 19)

What to Expect:

- Check your email often for move-in information!
- Move-in process and time slots
- Meeting your roommate
- Assistance from staff and volunteers
- Receiving keys and room access
- Room Condition Form

Tips:

- Arrive on campus during your scheduled time
- Label boxes
- Bring essentials first
- Review suggested items list and prohibited items!
- Expect some nerves, it is normal!





SUGGESTED ITEMS

Suggested Items to Bring

SCHOOL SUPPLIES:

- » Desk items
- » Desk lamp (no multi-bulb, Himalayan salt lamps permitted)

ELECTRONICS:

- » PC / laptop and charger
- » Printer and paper
- » Category 6 Ethernet Cable
- » Flash drive
- » Television
- » UL approved surge protector, must have all following elements:
 1. ON/OFF switch
 2. Able to be reset (usually a button or part of the ON/OFF switch)
 3. No movable parts (no bending or flexible elements)
 4. Must be UL approved
- » Phone charger
- » USB cords for printers and other electronics
- » Headphones

BEDROOM:

- » Extra sheets (jersey knit or twin XL)
- » Mattress pad / cover
- » Egg crate mattress
- » Pillows
- » Alarm clock

ROOM DECOR:

- » Painters tape, Sticky Tac, Push Pins (acceptable to hang items on wall)
- » Push Pins (limited to 20 per room) (acceptable to hang items on wall)
- » Dry-erase board
- » Extra waste basket

BATHROOM:

- » Cleaning Supplies (disinfectant wipes, etc.)
- » Bath towels
- » Hand towels
- » Washcloths
- » Shower caddy
- » Bathroom organizer
- » Hand sanitizer
- » Hand soap pump
- » Tub mat
- » Shower curtain with rings
- » Hair dryer
- » Sunscreen
- » Tissues

KITCHEN:

- » Plates, cups, etc.
- » Storage containers/bags
- » Hot Pot / Coffee Pot (Keurig / auto shut-off coffee maker)
- » Energy-rated refrigerator (3 amps or less)
- » Water filter

OTHER ITEMS:

- » Clothing items
- » Laundry bag
- » Laundry detergent
- » Hangers
- » Small sewing kit
- » Iron
- » Vacuum
- » Gym bag





Prohibited Items

PROHIBITED ITEMS

- » Free standing microwave ovens
- » Toasters / toaster ovens
- » Crock pots
- » Rice cookers
- » Hot plates
- » Electric skillets / grills
- » Any items with exposed heating coils or heating elements
- » 3D printers
- » Air conditioners
- » Space heaters
- » Wax warmers / melter
- » Extension cords
- » Multi-plug adapters
- » Wireless routers
- » Hoverboards, Segways, or small devices
- » Halogen bulbs / Multi-bulb lamps
- » Candles (NO open flames are permitted in any Marywood University Building)
- » Incense
- » Pets other than fish (tank must be 10 gallons or LESS)
- » Damaging wall hanging devices: Including but not limited to;
(NOTE: any damage resulting in use of these products will be billed to student).
 - » 3M products of any kind (including Scotch brand)
 - » Glue of any kind (Gorilla, masonry, super glue, etc.)
 - » Double sided tape
 - » Adhesive Velcro
 - » All Gorilla products
 - » Nails
- » Clings that block the entire window
- » Items hung from or attached to the ceiling
- » Plug in sting lights, including holiday lights and lit trees
(battery-operated lights are acceptable)
- » LED lights with adhesive backing
- » Alcohol or Alcohol paraphernalia
(includes any containers or glasses associated with alcohol)
- » Due to Marywood's Smoking Policy, smoking, any use of tobacco products, and other smoking related products
(including vape devices and e-cigarettes) are prohibited.



General Care & Support: Where Students Go When They're Unsure

Sometimes students don't know exactly what they need or where to start. That's where our support network comes in!

A Starting Point: The Office of the Student Experience (310 Learning Commons)

- Dr. Jeff Kegolis, VP for the Student Experience
- Kevin Farrell, Associate VP for the Student Experience, Dean of Students

What we do:

- Help students navigate challenges and next steps
- Connect students to the right resources
- Provide guidance when students feel stuck or unsure

If your student isn't sure where to go, this is a great place to start! We'll make sure we guide them to the right support and resources!





Academic Support Overview

Academic Support: Built for Student Success

- Tutoring Services
- Student Disability Services
- Library Services
- Office of Academic Success



Tutoring Services: If Your Student is Struggling Academically



When students use this:

- Struggling in a course
- Preparing for exams or major assignments
- Want to stay ahead

What support looks like:

- Tutoring (1:1 or small group)
- Writing, math, and science centers
- Virtual & in-person options

Encourage your student to seek help **early**, not after they are falling behind!

These services are designed to build skills & confidence, not just fix assignments.



Student Disability Services

What this supports:

- Students with documented needs can receive academic, housing, and other accommodations.

What supporters should know:

- Students **must** self identify and request accommodations
- Documentation is required
- The process is collaborative and confidential

We support students with:

- Learning disabilities (dyslexia, ADHD, etc.)
- Mental health conditions (anxiety, depression, PTSD)
- Physical, sensory, or chronic health conditions



Student Disability Services (cont.)

How the process works:

1. Student submits an [intake request](#)
2. Provides documentation
3. Meets with SDS to determine support

What supporters should know:

- This is a **student-driven** process. Students must actively participate and communicate.
- Accommodations are not automatic, students **must request them**.



Student Disability Services (cont.)

Examples of Academic Accommodations may include:

- Extended time on exams
- Testing in a reduced-distraction environment
- Note-taking support
- Use of assistive technology
- Flexible classroom accommodations

Additional support may include:

- Priority registration
- Accessible materials or formats
- Adjustments for long-term assignments

Supporter Takeaway:

- Accommodations are **individualized**. Students receive support based on their specific needs!



Library & Academic Resources

What students can access:

- Research help from the librarians
- Study spaces and academic support
- Core textbook collection (reduces cost)
- Open time slots to see a librarian or book a study room, students can easily [use this link!](#)

What supporters should know:

- The library is a major support hub, not just a place to study!





The Office of Academic Success



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The Office of Academic Success



**If your student feels overwhelmed...
We help with**

- Adjusting to college-level expectations
- Time management & study strategies
- Navigating personal or academic challenges

What supporters should know:

- This is a great starting point if your student doesn't know where to go!



Building Skills for Long-Term Success

Students can receive support in:

- Addressing personal difficulties
- Supporting academic concerns
- Self-advocacy & communication
- Goal setting and planning
- Managing stress & test anxiety
- Improving test-taking strategies

Supporter Takeaway:

- College is about developing independence and these resources help students build those skills!



What to Expect: The First Semester Timeline



Your student's transition will happen in phases - each with different challenges & opportunities!

- Before move-in
- First 6 weeks (Start of Classes -> Fall Break)
- Second half of semester (Fall Break -> Finals)

Each phase looks different and your role as a supporter will evolve along the way.



First 6 Weeks: The Adjustment Period

What your student is experiencing:

- Adjusting to new routines and expectations
- Meeting people and finding their place

What success looks like:

- Attending classes consistently
- Building a routine (sleep, study, and finding a balance)
- Getting involved

What supporters should encourage:

- Using resources (professors, tutoring, support staff)
- Asking for help early
- Staying engaged - even if it feels uncomfortable at first

Important dates to remember:

- September 26 - Family Day
- October 13-1 - Fall Break



Second Half of the Semester: Staying on Track

What your student is experiencing:

- Midterms and academic pressure
- Increased workload and time demands

What to watch for:

- Stress, burnout, or disengagement
- Changes in communication or behavior

What supporters should do

- Check in, but don't take over
- Encourage the use of academic and wellness resources
- Help them stay focused on finishing strong

Important dates to remember:

- November 23-24 - Virtual Classes
- November 25-28 - Thanksgiving Break
- December 12 - Last Day of Classes
 - Housing closes at 10:00 AM



Thank you!

Questions?



Before you go...

Take advantage of the rest of today to connect, ask questions, and explore campus resources!

11:50 AM - 12:20 PM

Understanding Financial Aid & Your Bill (students & supporters)

Location: Insalaco Arena, Center for Athletics & Wellness

12:30 PM - 1:15 PM

Lunch: Pacer Palooza (students & supporters)

Location: Insalaco Arena, Center for Athletics & Wellness