Aloha and congratulations to our Hawai‘i students planning for the next exciting phase in life - going to college! This is your time to seek a great academic experience that will prepare you for your career choice – a place that changes lives and shapes futures. The University of Hawai‘i at Mānoa is just such a place and we surely encourage you to consider us as your “destination of choice.”

We are pleased to present this reference guide with information to assist you in exploring your options. Choosing the college experience that best fulfills your goals does take research and homework – we are here to help in your decision-making.

Visiting UH Mānoa and attending college fairs are very helpful in gaining information, and members of UH Mānoa at those events welcome the opportunity to talk with you. We encourage you to review the information in this publication, work closely with your school’s college counselor, attend our college fairs, check out our new website manoa.hawaii.edu and visit the campus.

This year we are scheduling a Mānoa Experience open house event for Saturday, November 15 – please come and tour the campus with your families and classmates to learn more about UH Mānoa.

You will find a vibrant campus that is among the top research universities in the nation and home to a highly accomplished, diverse student population. Our students frequently say that they highly value having a multicultural global experience right here at UH Mānoa - truly great preparation for pursuing careers here in Hawai‘i and in the world at large. Also, please keep in mind that our world class faculty and staff are committed to your success as you pursue your goals and dreams.

We are honored to have served as the “destination of choice” for over 150,000 alumni during our first century. Now we begin our second century – full of exciting opportunities to changes lives and shapes futures. You are the future and UH Mānoa welcomes and encourages you to join the Mānoa ‘ohana!
Get ready for college

The factors to consider when selecting a college

You have probably identified a few colleges that appeal to you. What you need to decide is the importance that each one of the following factors holds for you and if the characteristics of the college or university you’ve chosen meet your individual needs.

Location
Urban, rural, suburban; near home, far away (weekend distance); type of surrounding community; local transportation; proximity of long distance transportation facilities (airports, bus terminals, train stations); cost of travel; nearby cultural advantages and opportunities.

Size of school
Number of students; amount of individualized attention available; ratio of men to women students, or undergraduates to graduate students; ratio of commuters to live-in students.

Class size
Large classes (100-500 students for lectures, 15-25 for seminars and study groups) or small (10-25 students); availability of independent study.

Time structure
Quarters, semesters, trimesters, 4-1-4 (short fall semester); availability of “year abroad” study, work-oriented courses (study on campus for a few weeks, and then work at a related job off-campus for a few weeks); evening courses; Saturday courses; summer courses.

Course offerings
Major fields offered, breadth of offering, possibility of switching majors, type of programming (required courses, electives available, etc.), assurance that first-year students can get courses they want or need.

Admissions requirements
Amount of emphasis placed on high school class rank, grades, test scores, tests required (SAT, ACT, Achievement); importance of student’s interview with the school’s representative.

Costs
Private or state-supported status of college; quality of education and amount of personalized attention received for your investment; availability of scholarships, loans, on- and off-campus jobs available; expenses in addition to tuition such as room and board, fees, books, travel, parking, clothing and entertainment; availability of used books, affordable off-campus restaurants and activities.

Type of student body
Economic, geographical, racial, social composition of student body; place of “independent thinkers” in the student body.

Social structure and campus lifestyle
Rigid or liberal system of rules, students’ roles in making rules; curfews, types of dorms (co-ed, shared facilities, student-controlled, etc.); weekend social life on- and off-campus, fraternities and sororities, social and other extracurricular groups, types of entertainment favored by most students.

Campus
Type of location (in a downtown or industrial area, in a residential area); availability of on-campus eating places, recreation areas, quiet study nooks, beautiful walkways.

Academic atmosphere
Tense or relaxed, competitive or geared to individual progress, high or low academic expectations, opportunities for recreational and cultural activities to supplement academics, types of recognition for academic achievement, honor system and academic discipline codes.

Who teaches first-year students
Proportion of first-line professors and teachers to graduate teaching assistants.

Grading policies
A, B, C, D, F system, percentage system, written evaluations, pass-fail grading or no grades, “toughness” of grading at the school, procedures for questioning grades and having them changed.

Handling of student concerns
Facilities for health care, counseling services, assistance with study problems, tutoring services, job placement, guidance and advising systems; handling of financial problems.

Activities
Frequency of concerts and up-to-date, inexpensive movies on campus, “mixers” and other “get-acquainted” activities for new students, possibilities for off-campus entertainment and activities, quality and popularity of on-campus dramatic, musical and other events.

Prestige and background of school
Reputation for academic excellence, social climate, quality of student life, success of former students in careers, graduate school public life, percentage of graduates gaining admissions to graduate and professional schools; number of years school has been in existence; accreditation.

Future of the institution
Financial soundness of the institution, pride and financial support of alumni.

Extracurricular
Clubs and interest groups open to freshmen; religious groups; size of intramural program; openness of journalistic, dramatic, musical and athletic organizations to students “out of the department.”

Student-faculty relationships
Formal or friendly (whether teachers know students by name, are on a first-name basis with their students, freely mix with students at social functions, conduct seminars in their homes), class size.

Security and safety
Access to residence halls, keys to dorm rooms, campus escort service, campus lighting, location of emergency telephones, campus and surrounding community’s crime rates.

College Planning Workshops are sponsored by First Hawaiian Bank and presented by the Hawaii Association for College Admission Counseling (HACAC) every fall and spring at various high schools on Oahu and the neighbor islands. Check fhb.com for locations and dates.
The application process

The student, not their parents, their friends or counselor, is applying for admission to college; therefore the responsibility to initiate and complete applications belongs to the student.

1. Requesting Information and Applications

- Contact your preferred colleges the summer before you begin or at the start of your senior year.
- Contact AT LEAST six colleges (more if you wish) you are definitely interested in attending.
- Choose which two might prove difficult but possible to gain admission (reach schools); two which you would have a good chance of acceptance; and two which you believe will grant you admission, without question (safety schools).

If you are applying to college in Hawai‘i, applications are available in the college counseling office of your school. If you are applying to college in another state or country, go online to access or request an application for admission and financial aid information. If you are interested in additional activities like athletics, band, orchestra, drama, etc., make sure to request the information and contact names for coaches, band directors, etc.

2. The Application

Most colleges combine the student’s application form and additional forms to be completed by the school, such as the counselor and teacher recommendations in one file. When you have completed your part of the application and essay (if required), take it to your counselor with a stamped, addressed envelope for mailing at least three weeks before the application deadline.

It is your responsibility to know what is required for each college. Applications vary but generally contain the following:
- Standard biographical information.
- Transcripts of grades and credits earned (requested by you through the Counseling or Registrar’s Office), and a record of extra curricular activities and honors supplied by you.
- Test scores including the SAT Reasoning Test or ACT and possibly the SAT Subject Tests.
- Letter of recommendation from your counselor.
- Letter or letters of recommendation from academic teachers.
- Personal statement or essay.
- Non-refundable application fee.

YOUR APPLICATION WILL NOT BE CONSIDERED UNTIL THE COLLEGE HAS RECEIVED YOUR COMPLETE APPLICATION.

Your application should be neat and well written with no misspelled words. This form, which becomes a representation of you, should make a favorable impression on anyone who reads it. Accuracy and neatness are essential.

If you plan to apply for need-based aid, scholarship aid, student loans, or work study, be aware of the deadlines for financial aid applications. These deadlines may be earlier than the closing date for admission applications.

Check with colleges for the required College Board SAT and subject tests and/or the American College Testing Service (ACT). Chart these test dates on your calendar. Get the necessary application forms from the counseling office. Registration forms should be mailed or completed online six weeks before the testing dates. Otherwise, you will need to pay a late fee.

Inform your high school college counselor of your college acceptances or rejections. Keep your admission letter; it is your “ticket of admission.”

As soon as you are certain of the college which you will attend, you SHOULD write all other colleges to which you have applied and cancel your application.

The University of Hawai‘i

Manoa

UH Manoa deadlines:

January 1, 2009
The Free Application for Federal Student Aid (FAFSA) is available online at fasa.ed.gov

January 2, 2009
Deadline for UHM priority admission applications.

March 1, 2009
Financial aid priority deadline for the 2009-10 academic year.

May 1, 2009
Final deadline for UHM admission applications. Deadline for Intent to Enroll form and tuition deposit.

Student Housing
For information on student housing options and application deadlines, visit housing.hawaii.edu
What is the student to faculty ratio? 14:1

What is the average class size? For freshmen and sophomores, the average size is slightly more than 30. For juniors and seniors, the average size is about 20.

How many students attend UH Mānoa and where do they come from? The 20,000 students that attend UHM come from all major Hawaiian islands, every state in the U.S., and nearly 100 foreign nations.

How can I get an application for admission? You can conveniently apply on-line through apply.hawaii.edu. Alternatively, you may download and print an application by visiting www.hawaii.edu/admrec/request.html. Or, if you prefer to have an application mailed to you, just click on the “Proceed to On-Line Request Form” at the bottom of the page and submit your request. As an alternative, you can also call the Office of Admissions and Records at (808) 956-8975 or toll free at (800) 823-9771 and request that an application be mailed to you.

Where do I mail my application and other supporting documents? Please mail the items to: Office of Admissions and Records, University of Hawai‘i at Mānoa, 2600 Campus Road, Room 001, Honolulu, Hawai‘i 96822.
Six major types of college entrance exams

SAT: Subject tests
One-hour tests measuring knowledge and ability to apply that knowledge in specific subject areas. Three tests can be taken on one test date. Many four-year selective colleges require three subject tests. The subject tests are offered on several dates during the school year. Tests are given in 16 subject areas including: American History, Writing, Biology, Chemistry, World History, Chinese, French, German, Hebrew, Japanese, Korean, Latin, Spanish, Literature, Mathematics Level I and II, and Physics.

American College Testing (ACT) Program
Four tests, which average 45 minutes each, are administered. They are English, math, reading, and science reasoning. Four separate scores plus a composite score is reported. An optional writing section is available as well. Most colleges and universities require either the SAT Reasoning Test or ACT for admission.

AP – Advanced Placement Program
Three-hour examinations based on a full-year college level course taken during high school years. Scores range from 1 through 5, with five being the highest. Colleges determine credit to be given to high school students based on scores of 3, 4 and 5. The AP exams are given only once a year (during May). Some of the subjects offered for AP testing are: American History, Art, Biology, Calculus, Chemistry, Classics, English Composition and Literature, European History, French, German, Physics Spanish and Computer Science. They are used for both college placement and credit.

CLEP – College Level Examinations
This exam offers the opportunity to obtain college credit regardless of where or how prior learning occurred. Students may take examinations in five general areas (English Composition, Humanities, Mathematics, Natural Sciences, and Social Science), as well as in 30 specific subjects. CLEP examinations are administered monthly at test centers throughout the country. Each college decides which CLEP tests it will accept for credit and the amount of credit it will award.

PSAT/NMSQT – Preliminary Scholastic Aptitude Test/National Merit Qualifying Test
Exam is given in October of every school year to high school juniors and sophomores, however freshman are allowed to register also. The format is similar to the SAT. It is useful as an indicator of future SAT scores and as a practice test. This test is the basis of some merit scholarships.

SAT – Reasoning Test
This 3-hour, 45-minute test measures critical reading, mathematical reasoning, and writing skills that students have developed and will need to be successful in college. There is a writing section that includes a written essay as well as multiple choice questions. The math section includes Algebra II questions. The critical reading section includes reading comprehension, sentence completion, and both long and short reading passages.

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Aaron Ohta
Aaron Ohta was never your typical student. He went from Kalani High to the University of Hawai‘i, won acclaim as the top electrical engineering undergraduate in the country, and went on to highly competitive programs at UCLA and Berkeley, where he now does Ph.D. research in optoelectronics and optical micro-electrical mechanical systems. Aaron’s leading-edge work on optoelectronic tweezers that use light to move cells will someday advance medicine and computer assembly. “At UH, I got to develop meaningful relationships with many professors, and had many opportunities to do research projects under several professors,” he says. “This was a great help when applying for graduate school and scholarships.”

Dolan Eversole
“I grew up as a surfer, so I loved to come to Hawaii to surf,” says San Diego-born Dolan Eversole. “But then I realized that not only does Hawaii have world-class recreational opportunities, it also has a world-class program in ocean sciences.” Dolan worked his way through two degrees at UH’s School of Ocean and Earth Science and Technology as a lifeguard. His specialty in coastal geology led to a pioneering project that successfully replenished sand at Kuhio Beach, bringing him full circle: today he not only enjoys and studies the ocean, he helps preserve and protect the beaches that drew him to the islands in the first place.

Malika Dudley
KGMB weather anchor, 2005 Miss Hawaii, former French teacher, former nightclub bouncer, surfer, black belt in karate: Malika Dudley’s resume seems too full for her 26 years. Her path to the University of Hawai’i started in Papaikou on the Big Island, where she grew up attending public school. Malika graduated from UH with a double major in speech and French and is working toward her masters in Broadcast Meteorology. “UH was far enough from home to be ‘away’ but close enough to still feel like home,” she says. “I enjoyed everything about being at UH — and it’s always a plus when you can hit the waves before starting all over again the next day.”

Test taking tips
1. Review the sample test in your SAT/ACT information packet (available in counseling centers); study the test structure and the different types of questions.
2. Be careful to eat and sleep well several nights prior to the exam. Be ready physically and mentally for the test.
3. Arrive at the test site early and bring the complete set of “tools” which you will need (i.e. #2 pencils, watch, identification, calculator, testing admission ticket, etc.). Choose a good seat and then relax.
4. Listen carefully to all instructions and be very familiar with the different subtest instructions.
5. Approach the testing situation calmly; take it with confidence. Picture yourself doing as well as possible because you know what to expect.
6. Look over the questions in each section for the EASIEST ones and answer those first. You need to accumulate points for all the questions you can possibly answer correctly.
7. Use every second efficiently; continue working until the last possible moment. Watch your time and budget your attack based on your strengths.
8. Make sure you understand what each question is asking. Rephrase questions as needed to clarify them in your mind.
9. Get all the help you can from “key” words; remember how to do this for the verbal section questions.
10. Refresh yourself with a few well-chosen MINUTE BREAKS. You can relax and recharge your energy in several simple ways from taking a deep breath to a seated stretch.
11. Don’t worry about hard questions. Simply answer those which you can as effectively as possible. Remember when to guess and when to leave the questions unanswered. Guess intelligently.
12. EDIT, CHECK and PROOFREAD the answer bubbles and make sure you match questions and answers perfectly. It is worth the minute or time investment to ensure you have carried out the fundamentals.
13. Take a deep breath and smile, knowing you did your best. And leave it at that.
14. You have earned a reward; go out and celebrate!
Applying for financial aid

Financial Aid may seem complicated but there is much help available to guide you through the process.

Starting out
Start to inquire about financial aid as early as you can. It is smart to start during your junior year. Start reading the financial aid Web sites of the schools you would like to attend and make a list of required forms and deadlines. Check to see what kinds of scholarships are available through the college and through outside organizations.

Financial aid forms
The financial aid form that most schools require is the Free Application for Federal Student Aid (FAFSA). This form is free to complete, and it is best to file online at www.fafsa.ed.gov. Some schools also require the College Board’s PROFILE. Check each school’s Web site to see if the FAFSA, PROFILE and/or an institutional financial aid form is required. The key in filing for financial aid is to file ON TIME and to make sure you complete all the paperwork for your application.

How aid is determined
You and your family will complete the FAFSA (and the Profile for some schools) based on your 2007 taxes for the 2008-09 school year. You may file the FAFSA anytime after January 1, 2008. It is best to file the forms based on completed taxes, but you should estimate your income for the forms if you cannot complete your taxes in time. You may go out and revise the numbers after you have filed if you need to estimate initially. Based on the information you provide, the Department of Education calculates an Estimated Family Contribution (EFC) which is used to determine your financial aid.

COST OF ATTENDANCE—EXPECTED FAMILY CONTRIBUTION (EFC)

= NEED

The important thing to remember is that EVERY STUDENT SHOULD APPLY for financial aid, especially in your first year of school. There are many types of aid, but you will not know if you qualify unless you apply.

Sources of information
Be creative about seeking sources for scholarships. As you are learning about financial aid and apply for aid and scholarships, please remember to consult your high school guidance counselor, your financial aid counselor at each school to which you apply, attend financial aid nights that are presented by the Hawai’i Association for College Admission Counseling (HACAC). Financial Aid Information is available to you for free! If you find a Web site or organization that asks you to pay for financial aid information, please call HACAC, your guidance counselor, or the financial aid office to see if the organization is legitimate.

Merit aid
Financial aid was primarily utilized in the 1970s and 1980s as means of increasing access to college for those who could not afford to attend. While that is still the purpose of federal aid, the last decade has seen a sharp rise in the amount of merit aid awarded by private and public institutions. Merit aid is offered without regard to family financial need. Athletic, artistic, and academic scholarships are all technically forms of merit aid. Just as some schools have offered athletic scholarships to students who will improve their sports teams, some schools will offer academic merit scholarships to students whom they feel will increase the overall academic climate on campus. The overwhelming majority of extremely selective schools, on the other hand, will only award aid based on family financial need. While these nuances have led to sometimes vastly different financial aid packages from schools, the key components of all financial aid packages remain the same (as described in the chart below).

Gift aid
Grants/Scholarships
The best part of any financial aid package, this is also known as “free money.” Most grants are renewable, but this is important to verify with your financial aid officer. Merit scholarships, if offered, will be included in this part of the package.

Self-help aid
Loans
The federal government restricts the amount that students may borrow in their own name. Many schools also offer PLUS loans to parents to help fund their contribution.

Work-Study
Most colleges participate in the federal work study program, which offers campus jobs to students on untaxed earnings that may be applied to tuition or other college costs.

Where to find scholarships
Below are Web sites where students can research scholarships offered by UH Mānoa or private organizations.

UH Mānoa Financial Aid Services
island.hawaii.edu/finaid/scholarship.html

Student Equity, Excellence and Diversity
hawaii.edu/diversity

University of Hawai’i

Foundation Scholarship Search
uhi.hawaii.edu/studentscholarships.aspx

Hawai’i Community Foundation
hawaiicommunityfoundation.org

Kamehameha Schools Scholarships
ksbe.edu/finaid/posthigh.php

Pauahi Foundation
pauahi.org/scholarships

Unity House
unityhousehawaii.org

For questions relating to UH Mānoa scholarships, the staff at Financial Aid Services can assist you by phone at (808) 956-7251, or in person at Queen Lili‘uokalani Center for Student Services (2600 Campus Road, Rm. 112), or via hawaii.edu/fas.
As an undergraduate, your student budget may be one of the most important tools to surviving college without incurring excessive credit card debt. It is important to make a workable college student budget and stick to the plan. Making a college student budget may be a first-time budgeting experience, so be sure to ask for help. Here are the basics of creating a college student budget.

1. **Determine your semester’s income or available cash.**
   Your college student budget will be determined primarily by this number. Include parental contributions, student earnings and any other sources of income.

2. **Determine what will be included in your expenses each semester.**
   Will it include rent, food, school supplies and books, or just personal needs and incidentals? Depending on the student's situation (on-campus or off, for example) and parental contributions (some parents pay all or some of students' housing costs) the budget categories will vary.

3. **Determine the set expenses or bills for the college student budget.**
   These are the categories that remain constant, such as car insurance, tuition payment plan agreements, etc. Include some money each month for an “emergency fund” for unforeseen necessities or emergencies.

4. **Add to the college student budget all variable expenses**
   - entertainment, snacks, incidentals, and other such expense categories.

5. **Balance the college student budget.**
   To make a zero-based budget, make sure that the income exactly matches the budgeted expenses for each month and each semester of college.

6. **Stick to the college student budget, being careful to discipline yourself in your money habits.**

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On-campus student housing is more than just a place to sleep and eat. It’s a dynamic learning environment where students learn about themselves and others. UH Mānoa’s Student Housing Services’ goal is to provide students with a residential experience that is supportive of their academic, personal and social growth.

In 2008, on-campus student housing is home to approximately 3,800 students. Facilities range from traditional residence halls with singles (limited) and shared double rooms or suites, to apartments with shared one-bedroom and two-bedroom units. A limited number of modified and accessible units are also available. For married students and their immediate families, housing is available in the residence halls and the apartments.

Student housing offers a variety of Residential Learning Programs that maximize student academic experiences while connecting in-class and out-of-class learning opportunities. Some examples of these programs are Honors Housing, the Japanese Culture and Language floor, and the Outdoor Recreation floor.

Live-in professional and student staff members are present to help students make the transition to college while helping to develop positive communities; actively serving as resources and mentors; and organizing fun and engaging community activities.

Residential dining
- Residents living in the traditional residence halls are required to select and purchase a dining plan from the variety of dining plans offered. A dining plan is optional for apartment residents. Residents dine at the Hale Aloha or Gateway House cafeterias.
- For more dining plan information, visit Sodexo Services at uhmdining.com/mealplans.html

How to apply
- The housing application for new residents is available on-line at housing.hawaii.edu.
- Applications received by the application deadline are prioritized by predetermined categories. Placement is offered to those applicants who have been accepted into classified programs of study and have confirmed their intent to attend the university. Applications received after the application deadline are assigned on a first come, first served basis. Neither on-time nor late applications are guaranteed an assignment offer.
The honors program

A voyage of learning

Our mission
The Honors Program provides opportunities for talented and motivated undergraduates to excel in their academic studies. It provides intimate and personalized educational experiences through small classes, dedicated advising and faculty-guided independent projects of research or creative expression. The Honors Program fosters among its students a sense of community and a joy of learning, and promotes critical thinking, commitment to social justice, and the capacity for leadership.

Our motto
He huaka'i a'o “voyage of learning” and Polynesian canoe logo symbolize the journey of intellectual enquiry and self-discovery on which our students embark when they join the Honors Program. This image acknowledges the host culture of Hawai'i and our location at the crossroads of the Pacific and symbolizes the training our students receive under the guidance of experienced teachers and mentors. It evokes the personal commitment and spirit of collaboration that will be necessary to the success of their undertaking and the value of multiple ways of knowing and diverse practical skills that contribute to the voyage. Most importantly, it symbolizes an appreciation of a life-long journey of learning and teaching, and the excitement of discovery along the way.

In many senses the voyage is literal: Honors students engage in the Study Abroad and National Student Exchange programs, and their research takes them all over the world. But the commitment to excellence begins here, at Mānoa. The Honors Program offers the best of both worlds: it provides a sense of community with peers and professors that one might expect at a smaller liberal arts college; and it provides access to the world and world-class facilities and faculty that one would expect at a large “Doctoral/Research-Extensive” state university.

Our students
To provide multiple points of access, the Honors Program consists of two components: Selected Studies for lower division students (about 300 in 2007) and the Honors Program for upper division students (about 80 in 2007). All high school students who qualify for the Chancellors Scholarship are invited as freshmen into Selected Studies, and all students who are on Deans’ lists are invited into the upper division. Any student can apply independently with support of a high school teacher and/or college instructors. Our students have a mean weighted high school GPA of 3.69; mean total SAT of 1934.1; and mean Composite ACT of 28.57. Honors participants include a good mix of O’ahu, neighbor island and out-of-state students, and just over half are public school graduates.

Chancellor Hinshaw has expressed strong support for the Honors Program and has recently approved a substantial increase in its budget. With new office space, a new academic advisor, and new courses (including a special seminar on major scholarship preparation), there are exciting plans to expand into fully developed Honors College.

Selected studies
Selected Studies is the lower division component of the Honors Program designed for freshmen and sophomores. It offers up to 50 "A Section" courses (which are low enrollment, discussion-based versions of regular lecture classes), and special Honors courses which are part of an innovative curriculum designed to introduce Honors students to research and creative work at the University of Hawai‘i at Mānoa. “A Section” and Honors courses are designed to meet core and graduation requirements, including General Education and pre-major requirements. Students who complete Selected Studies in good standing earn Sophomore Honors, which includes a certificate and notation on their official transcript.

Upper division
In the upper division component of the Honors Program, students complete a sequence of courses that culminates in the Senior Honors Project. Students work with a faculty mentor to produce an original thesis or creative work, and thus earn an Honors degree. This experience is particularly valuable to those going on to graduate or professional school, but allows all students to pursue their passion and interest outside of regular university coursework.

An Honors degree earns a special diploma, notation on the official transcript, and formal recognition at commencement.

Co-curricular activities
In addition to the academic curriculum, the Honors Program offers special orientation and advising sessions, priority registration for incoming freshmen, and dorm rooms on reserved Honors floors. Honors students have their own lounge in the Student Success Center and an independent student organization which puts on social events and fundraisers, and publishes a newsletter. Honors students are encouraged to participate in leadership and mentoring programs, and appropriate forms of professional development and are expected to be engaged in campus and community life.

For more information, requirements and application materials please check our website www.honors.hawaii.edu, email honors@hawaii.edu, call 956-8391 or stop by our office Sinclair 504B.
Established last year, the Student Success Center (SSC) located in the Sinclair Library has proved to be an invaluable resource for students throughout their college career at UH Mānoa and beyond. Students seeking a one-stop shop for their academic needs will find it at the SSC. Services that are offered include tutoring, advising, career exploration, study groups, supplemental instruction groups and information literacy. The friendly and knowledgeable staff at the Center can also provide students referrals to other useful services on campus.

The concept of a Student Success Center was first formulated in the Fall of 2005 when Mānoa library officials began discussing the need to create a ‘Learning Commons’ location where students could visit to receive various academic support services, find collaborative study areas, and computer labs. While there were services and resources available to students throughout the campus, there was previously no primary location where they could go to – until the SSC was established.

“Student Success Centers are becoming more common across the country for many of the same reasons that UHM developed one,” said Gregg Geary, Head of Sinclair Library. “These Centers improve student access to support services in a cohesive, systematic way that is integrated into the fabric of their college experience.”

The Sinclair Library was chosen for the primary location of the Center because of its large open space and staff record of innovation in public service. The first floor of the library provides approximately 19,000 square feet of space. The library and UH administration have collaborated to provide funding to revitalize existing space for student use, furniture and equipment.

Within the foreseeable future, library officials propose to enhance the Student Success Center by expanding study areas, offering more student assistance on-demand, and increasing the number of tutors, study groups and academic services.

For more information and view what services are currently offered, visit: gohere.manoa-hawaii.edu.

**SSC services offered:**

1. Tutoring appointments and referrals.
2. Study Groups for specific courses or learning challenges.
3. Supplemental Instruction groups for challenging courses.
4. Study skills improvement sessions.
5. Writing project assistance.
6. Finding and Using information resources consultations.
7. Ask a Librarian – Chat: Get 24/7 information and research help.
9. Full-service computer lab.
10. A 24/5 facility, wireless compatible, and food-friendly.
Many students choose to attend mainland colleges to experience what it’s like to be “away from home,” but did you know they can still get that same experience while attending the University of Hawai‘i at Mānoa? Through the Study Abroad and National Student Exchange Programs, students can attend a mainland or foreign institution, earn UHM credits, and pay UHM, resident, or reduced tuition at the host campus. With more than 200 participating institutions in all 50 states, Puerto Rico, the U.S. Virgin Islands and 16 countries, a wide-range of programs are available for various student profiles and interests. Students who have participated in these programs have walked away with not only a new-found perspective of what it’s like to live outside “the rock,” but have gained much more through their exposure to new social, cultural and educational experiences. They also acquire character building skills and grow in maturity, independence and self-confidence. Another benefit of these programs is that students are not committed to stay longer than one semester if the experience is not what they expected. What better way for students to get a taste of college life away from Hawai‘i without really leaving home? But don’t take our word for it. Here’s what a few of the participants had to say about their experiences.

“Studying abroad was a better experience than I ever thought possible. From the ease of acquiring the proper documentation, to meeting new people from all over the world, enjoying a new culture and wishing I did not have to board the plane for the return trip, it was incredible!” – Brian, semester in Adelaide, Australia

“As a double majoring in finance and international business, I was able to jump ahead and finish my language requirements in Spanish and some business requisites in one semester! Many students are afraid of costs but what they don’t realize is that they’re actually paying a much lower cost than they would if they applied directly to the school. It was the best time of my life!” – Shalynne Dar (Aiea HS ‘05), semester in Seville, Spain

Overview of programs

National Student Exchange

Requirements:
- Currently be enrolled as a full-time, classified UHM student.
- Complete a minimum of 12 credits.
- Hold a cumulative GPA of 2.5.
- Complete an application and pay $170 processing fee (non-refundable).
- To be considered for financial aid, file the FAFSA by February 15.

Options:
- Choose from 109 institutions from throughout the U.S., Canada, Puerto Rico and the U.S. Virgin Islands.
- Study for the fall semester or for a full academic year.

Tuition and fees:
- There are two tuition plans available:
  - Plan A: Pay host institution’s resident tuition and fees. *Certain school may be limited to one plan only.*
  - Plan B: Pay UH Mānoa tuition and fees. *Certain school may be limited to one plan only.*
- Students who are applying for financial aid must sign up for Plan A, with aid awarded by the host school. Students who have not received financial aid before may still be eligible.
- Estimated total cost including tuition, room and board, and other fees averages $6,000–$7,500 per semester depending on plan and location of exchange. Airfare is not included in the cost.
- Estimated total cost including tuition, accommodations, meals, health insurance, ground transportation and other fees averages $9,000 for semester or summer programs and $12,000 for academic year programs. Airfare is not included in the cost.

More information:
- Students who are interested in learning more about these programs can call, visit or go online to obtain detailed information.

Timeline:
- Following is a timeline of key NSE events. Contact the NSE office for specific dates.
  - December
    - Application forms available on NSE Web site or NSE office.
  - January
    - Applications are accepted.
    - Informational meetings held for parents and students.
  - February
    - Priority application deadline.
    - Applications for non-limited schools due.
    - File FAFSA to be considered for financial aid (Plan A).
  - March
    - National NSE Placement Conference.
    - Applicants informed of school placement.

Study Abroad

Requirements:
- Currently be enrolled as a UH student.
- Complete a minimum of 24 credits.
- Hold a cumulative GPA of 3.0.
- Complete an application and pay $20 processing fee (non-refundable).
- To quality for financial aid, complete the FAFSA as early as possible.

Options:
- Choose from semester, year, summer, internships or self-designed study abroad programs.
- Programs available in the following countries: Australia, Argentina, China, Chile, Denmark, England, France, Germany, Guam, Italy, Japan, Mongolia, Russia, Spain and French Polynesia.
- The Self-Designed Study Abroad Program allows students to create a program in a country and/or city where UHM does not have an existing study abroad program.
- Study Abroad internships are available in Florence, London and Sydney. Students can earn 3, 4, or 6 credits in the areas of Academy of Creative Media, Business, Management and Information Systems, Finance, Marketing, Human Resources, Real Estate, Travel Industry Management, Social Work and Apparel and Product Design and Merchandising.

Tuition and fees:
- Estimated total costs including tuition, accommodations, meals, health insurance, ground transportation and other fees averages $5,000 for semester or summer programs and $12,000 for academic year programs. Airfare is not included in the cost.

Key deadlines:
- To be considered, a completed application and a $20 processing fee must be submitted to the Study Abroad Center on or before the deadline set for the program:
  - Semester-Long Programs
    - Spring – October 15
    - Fall – April 1
  - Year-Long Programs
    - Japan (Machida only) – March 1
    - All other countries – April 1

Contact the NSE office for specific dates.
Healthy habits that will gear you up for college success

Dining halls provide many food choices in a new eating environment. Eating at college may seem intimidating, but healthy eating doesn’t have to be difficult. Just keep these general nutrition principles in mind. This guide will help you to learn easy ways to include food and fitness into your busy schedule.

- **Eat nutritious meals and snacks**: Food is the fuel needed to keep your body and brain energized.
- **Balance healthy eating with fitness**: Exercise helps to relieve stress and keeps your body strong.
- **Listen to your body**: Recognize when you are hungry and full. This guide will help you to learn easy ways to include food and fitness into your busy schedule.

### Dining hall dilemmas

**What if I can’t find any food I like?**

**Be creative.** If you don’t like the hot food offered, try to combine foods from different areas of the dining hall. Example: Add a grilled chicken breast to a salad. Many colleges have multiple dining halls that may have different food choices. Try all the dining halls and see which ones you like best!

**What if I have class during meals?**

**Make time to eat.** Even if you can’t sit down for a full meal, pack a healthy portable snack such as fruit, an energy bar, or a sandwich. Food is the fuel your brain needs to help you think. If you skip a meal, you may have trouble concentrating, get a headache, or feel like you didn’t get very much out of your class.

**What if I’m a vegetarian?**

Most colleges have vegetarian choices at all meals, including salad and sandwich bars. There’s usually enough variety to satisfy any palate.

**How can I maintain good nutrition?**

- **Try to eat a variety of foods and don’t skip meals.** The Food for Thought chart above provides suggestions of foods to choose at meal times.
- Utilizing campus services can also help you maintain good nutrition. If you have any food allergies, food intolerances, or food preferences, talk to your campus food services director. Meet with your college nutritionist if you are experiencing weight changes or changes in appetite.

### Food for thought

<table>
<thead>
<tr>
<th>Instead of...</th>
<th>Try...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fried foods</td>
<td>Grilled or baked foods</td>
</tr>
<tr>
<td>Refined grains (like white bread and white rice)</td>
<td>Whole grains (like whole wheat bread and brown rice)</td>
</tr>
<tr>
<td>Whole milk</td>
<td>Low fat milk</td>
</tr>
<tr>
<td>French fries</td>
<td>Baked potato, veggies</td>
</tr>
<tr>
<td>Sweetened drinks</td>
<td>Water or seltzer</td>
</tr>
<tr>
<td>Sweetened desserts (like cake, or cookies)</td>
<td>Fruit</td>
</tr>
</tbody>
</table>
As with all lists of internet addresses, this list is subject to change. Check to see if your high school maintains a web page with these and other links.

**College exploration**

- **c3apply.org**: information on admissions services developed by ACT and CollegeNET
- **collegeboard.com**: searchable database of colleges, advice on applications
- **collegenet.com**: searchable database by geography, tuition, enrollment, major
- **petersons.com**: searchable database of colleges on academic programs
- **usnews.com**: college ranking, selection advice, search database and links
- **collegeview.com**: detailed search engine
- **kaplan.com**: extensive links to colleges and universities, advice on admission
- **princetonreview.com**: Princeton Review college search and career advice
- **collegebound.net**: interactive guide for college bound
- **collegedata.com**: create a profile to save searches and specific school info
- **campustours.com**: campus tours and related information
- **www.heath.gwu.edu**: information for students with learning disabilities

**Financial aid**

- **fafsa4caster.ed.gov**: new estimator provided by the federal government
- **act.org**: estimator for expected family contributions
- **coca-colascholars.org**: Coca-Cola Scholars Foundation
- **fastweb.com**: searches over 180,000 private scholarships
- **finaid.org**: comprehensive, independent guide to financial aid sources
- **ftc.gov**: info about scholarship scams from the federal trade commission
- **federalpandemicreliefact.org**: information about the ACT test with samples and online registration
- **collegeboard.com**: online registration for SAT Reasoning and SAT Subject Tests
- **linkathletics.com**: links to men’s and women’s collegiate athletic programs
- **nacda.com**: National Association of Collegiate Directors of Athletics
- **naia.org or naiaestv.com**: National Association of Intercollegiate Athletics
- **nca.org or www.nca.org/wps/portal**: National Collegiate Athletic Association
- **ncaaclearinghouse.net**: all prospective Division I or II athletes must register
With students from every Hawaiian island, every state in the U.S. and nearly 100 nations, the University of Hawai‘i at Mānoa creates an enriching environment for the global exchange of ideas. Our graduates transform the world by improving lives throughout Hawai‘i and beyond.

About UH Mānoa: Founded in 1907, the University of Hawai‘i at Mānoa is the flagship campus of the University of Hawai‘i System. A destination of choice, students and faculty come from across the nation and the world to take advantage of our unique research opportunities, diverse community, nationally-ranked Division I athletics program, and beautifully landscaped campus. Consistently ranked a “best value” among U.S. colleges and universities, UH Mānoa’s students receive a strong education at an affordable price.