

## STUDENT SERVICES

### Bookstore

Located on the main floor of Buntrock Commons, the St. Olaf Bookstore sells textbooks, general reading and reference books, office and school supplies, stationery, St. Olaf clothing and accessories, Scandinavian gifts, insignia items, health and beauty aids, the local newspaper, magazines, computer hardware and software, and recorded music.

Services include special ordering, cap and gown rental, class ring orders, check cashing, Ole Card deposits, and gift cards. Visa, Mastercard, Discover, American Express, and Ole Cards are accepted at the St. Olaf Bookstore. Online ordering is available at: <http://www.stolafbookstore.com/home.aspx>. Toll-free phone orders are also taken at: 888-232-6523. We are also a member of the Worker's Rights Consortium and the Fair Labor Association.

The St. Olaf Bookstore is owned and operated by St. Olaf College and is a member of the IndiCo/National Association of College Stores and the American Booksellers Association.

### Counseling Center

Personal and psychological counseling is available through the Student Counseling Center.

Services are available to all students on a confidential, no-fee basis.

The center assists students with a variety of concerns that typically involve issues related to relationships, identity, self-esteem, family, depression, victimization, anxiety/panic attacks, academics, grief and loss, socialization/isolation, food/body image, or chemical use/abuse. However, any personal concern is appropriate to bring to the Counseling Center.

Nutrition counseling is available, on a limited basis, to students who have concerns related to their eating/body image. For these services, students must be referred to the dietitian by the Counseling Center staff.

Medication consultations are also available, on a limited basis, to students who wish to be evaluated for possible medication treatment and/or for ongoing medication management. For these services, students must be referred to the psychiatrist by the Counseling Center staff.

For additional information on Counseling Center services, staff, location, hours, appointments, etc., please refer to the Counseling Center website (<http://wp.stolaf.edu/counseling-center>).

Personal counseling is also available from the college pastors, the dean of students, and associate deans of students.

### Health Insurance

St. Olaf requires that all students enrolled at the College have health insurance. If students are not covered, they will be expected to participate in the Student Accident and Sickness Insurance Plan. If a student has health insurance and does not wish to participate in the insurance offered through St. Olaf they must complete a waiver form online. This waiver must be completed each year they are enrolled at St. Olaf. If not completed prior to the 10th day of classes, the student will automatically be enrolled in the student health insurance at St.

Olaf College. Information is sent to students during the summer but can also be found at <http://wp.stolaf.edu/stuacct/healthinsurance>.

### Health Service Information for Admitted Students

507-786-3063 • [healthservices@stolaf.edu](mailto:healthservices@stolaf.edu)

#### Health Forms

Please complete the **Report of Medical History** and **Immunization Record** online at <http://wp.stolaf.edu/health/health-service-information-for-admitted-students/> **no later than JULY 15**.

**Per Minnesota law, your immunization record needs to be reviewed prior to matriculation. Students who do not provide the required immunization information will not be allowed to register for classes.** Immunizations are self reported by the student on the Health Form, but students should have copies available for Health Service to review if requested. If you are having difficulty finding documentation of your immunizations, it might help to check with your high school or your health care clinic. If immunization records are not available, please schedule an appointment with your Health Care provider ASAP. The Report of Medical History will be reviewed when care is established in Health Service during an office visit or if needed in an emergency.

If you have questions about these forms or other health-related matters at St. Olaf College, please contact Health Service directly at 507-786-3063. During the summer months send an email to [healthservices@stolaf.edu](mailto:healthservices@stolaf.edu).

#### Immunizations

**St Olaf requires all students to submit dates for the following immunizations:**

- Diphtheria/Tetanus—Td (dose **within** the past 10 years). Obtain booster if needed. **\*Please make sure you record the most recent tetanus booster on the online health record.**
- Measles—Rubeola, Red measles (2 doses **after** age 12 months).
- Mumps—(2 doses **after** age 12 months).
- Rubella—German measles (2 doses **after** age 12 months).
- Meningitis vaccine **within** 5 years of matriculation. Obtain booster if needed. **\*Please make sure you record the most recent booster on the online health record.**

**Students are highly encouraged to have vaccinations for hepatitis A and hepatitis B.**

\*International students who are not able to receive any vaccine before matriculation can obtain the vaccine at a local clinic once they have arrived on campus. Clinics and transportation options are listed on the Health Service website (<http://wp.stolaf.edu/health>). There will be a cost to the student for vaccination, but insurance may cover. Students are responsible for contacting their insurance carrier to check on coverage of vaccinations.

Information about Meningococcal Disease: <http://wp.stolaf.edu/health/meningococcal-disease/>

Information about Viral Hepatitis and the Hepatitis A and Hepatitis B Vaccines: <http://wp.stolaf.edu/health/viral-hepatitis-and-the-hepatitis-a-and-hepatitis-b-vaccines/>

## International Students

International students arriving from countries with an increased incidence of tuberculosis (TB) or students with identifiable risk factors for exposure to TB and/or for TB disease should complete TB screening before arrival on campus. The Report of Medical History form will help determine who needs screening. Screening needs to be within 6 months prior to college entrance. If not done before arrival, it must be done within the first month of school. Screening is not usually covered by insurance and students may incur an out-of-pocket cost to complete the required screening.

## About Health Service

Health Service provides acute and preventative services for St Olaf Students. Health Service staff is experienced in treating common medical problems. Health Service offers initial diagnosis, treatment, follow-up, and appropriate referrals for a broad spectrum of minor illnesses and injuries.

Health Service is staffed by a Certified Nurse Practitioner and support staff.

**Clinic hours** are by appointment Monday–Friday, 9:00-11:30 am and 1-4 pm. Students can e-mail or call Health Service for an appointment. Health Service is closed during student breaks, summer, and occasional days during the school year. If health care is needed during those times, students can access local providers. A list of those providers is on the Health Service (<http://wp.stolaf.edu/health>) website. Transportation information is available on the Transportation website (<http://wp.stolaf.edu/sa/transportation>). Students will need to bring an insurance card and photo ID for off-campus clinics.

There is no charge for office visits, but fees may apply for services such as: medication, immunizations, TB skin tests, lab tests, and supplies. Ole Cards (<http://www.stolaf.edu/olecard>) are requested for payment. Health Service does not bill insurance.

### Services provided include:

- Visits with a Certified Family Nurse Practitioner.
- Laboratory services: glucose, hemoglobin, mono tests, strep tests, urinalysis, and pregnancy tests. Lab work may also be drawn per outside provider's order and results faxed to ordering provider.
- Reproductive care including contraceptive counseling, emergency contraception, STI screening.
- Prescription delivery (<http://wp.stolaf.edu/health/prescription-refill>): Prescriptions may also be filled at local pharmacies and delivered to St. Olaf College for student pick-up.
- Immunizations: Td/Tdap, Hepatitis A, and Typhoid prescriptions. TB skin tests are also available. Contact Health Service for availability and cost. Cost for immunizations is out of pocket.
- Travel immunizations and medications for St Olaf study abroad.
- A two-day flu immunization clinic held on campus during the fall semester.
- Equipment available for loan including crutches, canes, slings, heating pads, and educational materials.
- Referral of students to other medical providers as needed.

Health Service may not have the resources to manage chronic or complicated conditions, so it is important for those students with chronic conditions to find a provider in the local area with whom to establish care before an urgent need arises. For your convenience, the Health Service website (<http://wp.stolaf.edu/health>) has a list of local

providers. Health Service can also help refer students to providers. Please check with insurance regarding coverage of referral services.

Health Service does not manage the Student Health Insurance Plan. For information about benefits and coverage by the St Olaf College Health Plan, please contact Student Accounts. (<http://wp.stolaf.edu/stuacct>)

Off-campus transportation options for medical/dental appointments are available and can be found on the Student Activities website (<http://wp.stolaf.edu/sa/transportation>).

### Things to consider before arrival:

- Put together a basic self care kit and review how to use it when needed. Suggested basic items: pain reliever such as ibuprofen or acetaminophen, an inexpensive digital thermometer, various sized band aids, cold or allergy medication, throat lozenges, Tums, tweezers, ice pack, antibiotic ointment, non-stick gauze, adhesive tape, insect repellent with DEET, and sunscreen.
- Consider getting a flu shot before arrival on campus. It's one less thing you need to think about during the school year.
- Check with your health care provider to make sure immunizations are up to date. Get a physical if you are due for one. A physical is not required for matriculation, but is strongly recommended for all students before arrival on campus. Having a physical allows your health care provider an opportunity to update any needed immunizations, refill medications, and assess health needs. Physicals are not available on campus.
- See your dentist for a regular check up at least 6 months prior to coming to school.
- If you wear contacts, bring a back-up pair of glasses to campus.
- Bring a copy of your insurance card or information and keep it in a place you can find it if needed for off campus clinics and prescriptions.
- Transfer prescriptions to a local pharmacy if needed. See Health Service Web site for campus delivery instructions.

## Center for Multicultural and International Engagement (CMIE)

The Center for Multicultural and International Engagement (CMIE) provides resources and co-curricular support for domestic multicultural and international students, working with and within the community to engage, educate, and enrich campus life for all students.

### Goals

- Design, promote, and evaluate campus-wide intercultural engagement, which fosters student development and growth.
- Create opportunities for students to further develop their leadership and self-advocacy skills.
- Facilitate connections between students and alumni; enhance personal and professional networking skills.
- Collaborate with students, offices, and academic departments to create, support, and evaluate initiatives that engage, educate, and enrich students' experiences on campus.
- Advocate and support students participating in academic and co-curricular programs, both on and off-campus, that build on their interpersonal, civic, and global citizenship.

The Center provides academic and financial advising and personal, career, and social counseling when needed. Planning

for cultural programming is deliberately integrated with the entire campus in an effort to raise the level of awareness and increase appreciation of cultural, social, and ethnic differences. For more information about programs and services, call 507-786-3060, email [multicultural@stolaf.edu](mailto:multicultural@stolaf.edu) or see <http://wp.stolaf.edu/cmie/>. The Center for Multicultural and International Engagement is located in Buntrock Commons Room 111.

## International Student Services

St. Olaf welcomes international students from around the world, as well as U.S. students who live abroad. Upon arrival, new international students are met at the airport and brought to the St. Olaf campus. Before the beginning of classes, new international students receive a special orientation to provide assistance with U.S. immigration regulations, housing and campus adjustment, banking, and U.S. tax concerns..

International students live in residence halls with U.S. students. The Assistant Director of the Center for Multicultural and International Engagement (CMIE) and the Immigration, Visa, and International Programs Coordinator are available to assist students throughout the year. CMIE plans educational, informative, and social activities for international students, their roommates, and other St. Olaf students. The Visa Coordinator is available for immigration counseling.

For visa support call 507-786-3661 or visit Tomson Hall 380. The Assistant Director of the Center for Multicultural and International Engagement, is available to students for personal, social, and academic support. For information about programs, services, and student support, call 1-507-786-3060, email Emiko Oonk at [oonk1@stolaf.edu](mailto:oonk1@stolaf.edu), or see <http://wp.stolaf.edu/isa/>. The Assistant Director of CMIE is located in Buntrock Commons Room 111.

## Post Office

Student, department, and administrative mailboxes are in Buntrock Commons. Stamps, express mail, certified mail, insured mail, and package mailing services are available. The mailing of registered items must be handled by the Northfield Post Office.

## Property Insurance

The college does not carry insurance on the personal property of students, faculty members, or other employees and is not responsible for the loss or damage of such property.

## Veterans Administration

St. Olaf College programs are approved for the training of veterans and other eligible persons by the Minnesota State Approving Agency.

St. Olaf College is responsible for certifying and transmitting necessary information to the Veterans Administration. Contact the Registrar's Office at [registrar@stolaf.edu](mailto:registrar@stolaf.edu) or 507-786-3015 and see the website for more information (<http://wp.stolaf.edu/registrar/vainfo>).

## The Wellness Center

The St. Olaf Wellness Center is located on the main floor of Buntrock Commons, room 112. The Wellness Center serves as a resource to promote awareness and education on issues relating to healthy lifestyles. The Wellness Center strives to educate and support a community that encourages healthy and safe behaviors through personal responsibility, positive social norms, academic engagement, and a vibrant co-curricular life. The Wellness Center provides prevention and intervention services for alcohol and other drug use

and abuse concerns. Peer Educators (current students trained in areas of wellness) are available to talk with students one-on-one during office hours. Students are encouraged to visit the Wellness Center and talk with a Peer Educator about any concern; whether it's sleep schedules, alcohol use, or roommate tension, the team will do its best to connect students with key resources, or just listen if that's most helpful. In addition to staffing the office, the Wellness team provides approximately 10 programs per month on topics such as chemical health, nutrition, relationships, sexual health, and mental health. All students are welcome to attend our programs! For more information on the Wellness Center or to request a program presentation, please visit <http://wp.stolaf.edu/wellness/>