

LIFE ON CAMPUS

ENGAGING WITH THE COMMUNITY

Shippensburg University

Tuesday Tips for Ship - 2023



SHIPPENSBURG
UNIVERSITY

APB

(ACTIVITIES PROGRAMMING BOARD)

- Weekend and late-night programs throughout the semester
- Ship Favorites:
 - Bingo!
 - Rage Room
 - Ship's Got Talent
 - NYC Trip
- All students can join! Come find us at the SIS Fair (August 31st)
- Event planning, leadership development, team building, and lots of fun!
- Follow us on Instagram: @shipapb





BIG RED'S CUPBOARD

- Ship's own on-campus food pantry
- Run by a full-time VISTA member: Jenna Stevens
- Located in CUB 239
- Open M-F 9AM-5PM and varying weekend hours
- All students are welcome to use the pantry
- Non-perishable items (pasta/sauce, breakfast items, hygiene products, canned veggies, etc.) and coming soon: refrigerated and frozen items!
- Volunteer opportunities are available!
- Follow us on Instagram: @bigredscupboard





Department of Recreation

- ShipRec
 - Currently enrolled undergraduate students pay a Rec Fee and are members.
 - 3 Multi-Purpose Courts (Basketball/Volleyball /Tennis), 2 Racquetball Courts, Weight Room/Cardio Area, Group Fitness Room, Indoor Track, & Locker Rooms
- Group Fitness Classes (+ 10 class per week: Yoga, Spinning, Zumba, trampoline, etc.)
- Bikeshare Program
- Rec Sports
 - 10+ Intramural Leagues & 17 Club Sports
- Student Rec Complex
- Heiges Pool
- Robb Sports Complex Tennis Courts
- 50+ Student Employees
- www.ship.edu/recreation | rec@ship.edu |  @shiprecreation



SOCIAL & CULTURAL VALUES



Our community consists of 16 (and growing!) fraternities and sororities based on social and cultural values to enrich members' educational experience at Ship

DEVELOP IMPORTANT SKILLS



Membership in fraternities and sororities helps develop individuals' leadership, interpersonal skills, a commitment to service and philanthropy, and more.

FIND YOUR HOME AT SHIP



Fraternities and sororities offer a community that extends beyond campus. This sense of belonging and support inspires higher rates of retention and graduation.



Raider Wellness Resource Center

Our Goals

- Provide a dedicated, centralized space to bring visibility, increase access, and promote conversations and dialogue regarding wellness.
- Offer groups, workshops, and programming which focus on the eight dimensions of wellness.
- Provide an opportunity for students to be able to check-in and have discussions, develop goals, obtain resources, and discuss campus resources and referral options.

Planned Programming / Initiatives

- Meditation Workshops with Dr. Sato
- Workshops on Nutrition & Sleep
- Grief themed discussions and workshops
- Developing healthy relationships with food
- Wellness Fair Themed discussion groups
- Therapy Dogs

<https://www.ship.edu/life/wellness/raider-wellness-resource-center/>

UNIVERSITY COUNSELING CENTER

- **Location**: Wellness Center, Naugle Hall
(bottom floor, street side)
- **Open**: Fall/Spring M – F, 8:30am – 5pm
Summer M – Th, 8:30am – 4pm
- **Services**: Counseling (appointments, “walk-ins,” groups)
Psychiatric
Consultation (parents, students, faculty/staff)
On-Call (afterhours)
Programs/Presentations
- **Confidentiality**





Getting Involved...

- Major Clubs
- Student Success Center
- Study Abroad
- Volunteer
- RHA -Residence Hall Association
- Commuter Lounge
- Game Zone & Red Zone
- PAGE Center
- Jobs
- **** SIS Fair – first week of class**





SAVE THE DATES

PARENTS & FAMILY WEEKEND

Saturday, September 23

HOMECOMING

Saturday, November 4



Got Questions... we can help!

- Office of Student Development
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 - [Shippensburg University - Office Of Student Development](#)
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