Aloha, and welcome to our Vulcan `Ohana! We are so excited to meet you this semester, with Orientation beginning on August 17, 2016! We’d like to invite you to join us in our 100 Day countdown to your arrival at UH Hilo! Every 30 days you will receive a newsletter recounting all of the fun facts about UH Hilo that were shared on our social media webpages. If you have yet to join in on all the fun, please follow us on Instagram @uhhilonsp or like us on Facebook.com/uhhsp to get the latest updates on the countdown! Also included in your monthly newsletter are reminders for upcoming deadlines and helpful website links to get you started at UH Hilo! Share your excitement for coming to UH Hilo by posting on Instagram and Facebook with the Hashtag - #UH-HiloIn100Days. We can’t wait to see you in the Fall semester!!

Sincerely, The New Student Programs Student Staff
Vulcan Orientation is planned and coordinated by your fellow Vulcans! New Student Programs (NSP) is truly by the students...for the students! In addition to hosting Vulcan Orientation, NSP hosts events and services throughout the year including: the University Concierge, the UH Hilo Bike Share Program, Academic Achievement Awards Cards, Weekly Store Shuttles, the Haumana Hou Study Lounge & Coffee House. And, events like: Student Appreciation Day, Hawaiian Culture Fair, and other fun and innovative events and services designed to help you get connected on campus and continue to feel welcomed into the Vulcan Ohana!
Coffee, or caffeine, is a staple in college. How else will you get through long days of studying and activities? Well, with no Starbucks on campus and our coffee provider closing at 7PM, NSP created the Haumana Hou Study Lounge & Coffee House to meet the demand for a quiet place to study where students can also enjoy drinks and food (because no food or drink allowed in the library). At the weekly Haumana Hou Lounge UH Hilo students can indulge in baked goods and specialty coffee or tea drinks like macchiatos, lattes, and more - and it's free! Additionally, NSP brings in tutors from the Kilohana Academic Success Center and Peer Advisors in order to provide students with after-hours tutoring in most subjects and advising. It’s a great resource for students throughout the year!

The Office of Admissions takes care of any and all admission applications for the University of Hawai’i at Hilo. You can also schedule a meeting with an Admissions Counselor through this office! Admissions is your go to office for your important needs regarding your enrollment. Admissions annually hosts UH Hilo Open House and seeks to keep the campus informed about all the cool Vulcan news - check them out on facebook at facebook.com/uhhadm and Instagram @uhhiloadmissions. Be sure to use their hashtags #GoHilo #SeekingEdVentures as they love to showcase student photos!

Through the Financial Aid Office, students can explore funding options for their educations. You can make an appointment with an advisor if you have questions regarding scholarship applications, grants and loan. Visit their website at: https://hilo.hawaii.edu/financialaid/

At the Academic Advising center you can find academic advisors who help you plan out your class schedules and graduation pathway. Advising helps you: match your strengths and interests with opportunities at UH Hilo, understand and complete your requirements in a timely way, and develop a sense of purpose in your undergraduate education. Have you made an appointment with your academic advisor yet? Visit their website at: https://hilo.hawaii.edu/~advising/
UH Hilo’s Counseling Services Center provides personal counseling, consultation, and coaching in a supportive environment to encourage students to develop their unique potential. Counseling Services provides a safe setting where students and even faculty can improve mental health and wellness, and define and achieve academic and personal goals. Visit their website at: [https://hilo.hawaii.edu/studentaffairs/counseling/](https://hilo.hawaii.edu/studentaffairs/counseling/)

**20 May 2016 - Happy Aloha Friday!** During our countdown, we will be using our Aloha Fridays to teach you some local knowledge! Aloha Friday officially began in 1966 following the “Operation Liberation” campaign led by the Hawaiian Fashion Guild which was meant to promote aloha attire in the workplace as business attire in order for employees to be comfortable while working. By the 1970s, here in Hawaii it was an accepted practice to wear an aloha shirt every day of the week as business attire. As the popularity continued to grow, businesses located on the mainland started to take notice and eventually adopted the practice. As it spread around the globe, it was called “casual” Friday and people would be allowed to dress down on the last workday before the weekend. Today the practice continues and it allows people to get in the mood for the weekend. Pictured is our Chancellor Donald Straney in an aloha shirt!

The Center for Global Education & Exchange offers students the exciting opportunity to study abroad internationally while paying UH Hilo Tuition. By going abroad, you will experience different cultures, see interesting places, meet new people, gain new perspectives, and broaden your academic education! CGEE will assign you a personal study abroad advisor who will help you find the best possible program. Services provided are: advising, course approval selection, pre-departure orientation, online study abroad class and scholarship review.

**Study Abroad Options:**
- Direct International Exchange Partners (Students pay UH Hilo Tuition)
  - South America: Brazil, Peru
  - Asia: China, Japan, Korea, Taiwan, Hong Kong, Philippines
  - South Pacific: Australia, New Zealand
  - Europe: Belgium, Czech Republic, England, Spain, Norway, Scotland, Sweden, France
- Affiliated Programs (Pay tuition directly to host school and program)
  - Semester at Sea
  - Globalink
  - ISEP

Learn more at their website! [https://hilo.hawaii.edu/exchange/](https://hilo.hawaii.edu/exchange/)
A name you should get to know before you get to campus is SAC (Student Activities Council)! The Student Activities Council provides programs, activities and services which serve the co-curricular cultural, social, recreational and educational interests of students of the University of Hawai‘i at Hilo. They host many events and gatherings throughout the year for students! The SAC contributes to the development of students’ skills and provides experience in leadership, program planning and development, volunteer management and fiscal management.

The Board of Media Broadcasting (B.O.M.B) at the University of Hawai‘i at Hilo is dedicated to furthering student ambitions in careers in media. BOMB provides the opportunity for students to have their voices heard through their sub organizations. BOMB governs and operates a student radio station: University Radio Hilo (URH) which currently broadcasts by Internet and 101.1 FM in the city of Hilo and Vulcan Video Productions, that creates and produces videos for students by students. Go check them out on facebook and instagram!

The Board of Student Publications (BOSP) oversees UH Hilo’s 3 student publications: Ke Kalahea, Hohonu, and Kanilehua. Ke Kalahea is published bi-weekly as a News Magazine written and designed by fellow UH Hilo students. Hohonu is UH Hilo’s Academic Journal published at the end of every semester which showcases student submissions of their academic and scholarly articles. Finally, Kanilehua is UH Hilo’s Art and Literary Magazine that is also published at the end of every semester which showcases student art submissions ranging from painting, photography, poetry, short stories, etc.!
For over a decade, University of Hawai‘i at Hilo Service Learning office has sponsored a program called Break Thru Adventures (BTA) where groups of students travel to different islands in the state of Hawai‘i and serve the local communities in various ways. Typically each site comprises of 12 students including two student coordinators. BTA is an alternative to a traditional Spring Break vacation. BTA is a service-learning vehicle designed to impact students by offering life-changing experiences. Each site allows participants to connect with other students, their field of study, and nature, in a natural setting and enables them network with public and private community partners.

This year past Spring Break, BTA participants camped and services the island of Kauai‘i and had a true edVenture! For more info on BTA please visit their website: https://hilo.hawaii.edu/campuscenter/service/BreakThruAdventures.php

Campus and Community Services is about bringing the needs of our UH Hilo community to the surface. Their goals are to educate through hands on experience to leave a permanent and positive on students, faculty, staff, and the community in general. CCS facilitates service projects such as Break Thru Adventures, Make a Difference Day, the Food Basket Food Drive, and more! Learn more at: https://hilo.hawaii.edu/campuscenter/service/

27 May 2016
Happy Aloha Friday! Here’s some local knowledge! The ‘ohi’a Lehua tree is one of the most common trees in Hawai‘i. Almost always the name ‘ohi’a refers to the tree and Lehua to the flower - though technically Lehua can refer to either the tree or flower. The Red Lehua flower is the official flower of the Big Island. The tree itself comes in many sizes... from tall towering trees 40 to 60 ft tall, to small shrubs only knee high. The flowers are almost always red, though yellow, salmon, pink and white varieties can be found. Legend says that one day the goddess Pele met a handsome warrior named ‘ohi’a and she asked him to marry her. ‘ohi’a, however, had already pledged his love to Lehua. Pele was furious when ‘ohi’a turned down her marriage proposal, so she turned ‘ohi’a into a twisted tree. Lehua was heartbroken. The gods took pity on Lehua and decided it was an injustice to have ‘ohi’a and Lehua separated. So, they turned Lehua into a flower on the ‘ohi’a tree so that the two lovers would be forever joined together. If you pluck this flower from the tree you are separating the lovers, and that day it will rain.
The Student Leadership Development Program at UH Hilo hosts the Ka Lama Ku Student Advisory Council which consists of UH Hilo’s student leaders and UH Hilo alumni. The Ka Lama Ku Student Advisory Council annually hosts the Ka Lama Ku Student Leadership Conference of UH Hilo, and the Ka Lama Ku Student Leadership Recognition Awards. The Student Leadership Development Program also hosts the nationally recognized ‘Student Leadership Challenge’ in which students explore their leadership utilizing the Five Practices of Exemplary Leadership. The Student Leadership Development Program at the University of Hawai‘i at Hilo recognizes the contributions students have made in their formal and informal leadership roles on campus and acknowledge those individuals who show strong evidence of future leadership potential. The Student Leadership Development Program located in Campus Center is based upon native Hawaiian cultural values of Ka Lama Ku and “Leading with Aloha.” Learn more at: https://hilo.hawaii.edu/campuscenter/leadership/

Unlike many colleges, UH Hilo only hosts one overnight event and that is the fundraiser organized and planned by the Colleges Against Cancer RISO (RISO: Registered Independent Student Organization) in collaboration with the Campus Center Fee Board, and in partnership with the American Cancer Society: Relay For Life! At the event, students from all across campus come together to fight back against cancer and fundraise for cancer research and patient services for 12 hours throughout the night. The night consists of live entertainment, games, booths hosted by other RISOs and campus organizations, activities, a male beauty pageant, and ceremonies that honor those against cancer and fight back against cancer. It’s an event that the whole campus looks forward to every year and it’s all brought to you by fellow students! Learn more at: https://www.facebook.com/UHHiloRelay/

It’s Memorial Day! Please take a moment honor those who have lost their lives in the line of duty. Mahalo to ALL those who have served for their service. Did you know? The Office of the Registrar here at UH Hilo offers Veteran’s Services: “The Office of the Registrar at UH Hilo understands the unique needs of veterans and their family members, and we are here to support you every step of the way. We appreciate and want to thank you for the service and sacrifice that you have made in the defense of our great nation and the freedoms you have protected by your service. UH Hilo supports our community of veterans on campus, along with the entire student body, providing camaraderie of vibrant, multicultural, and richly diverse individuals from all over the world” Mahalo to those we remember, and mahalo to those who are still with us. To learn more about UH Hilo’s Veteran’s Services visit: http://hilo.hawaii.edu/veterans/
The Pacific Islander Student Center (PISC) acts as the “home away from home” for students at UH Hilo from the Pacific Island regions of: Samoa, RMI, FSM, Palau, Guam, CNMI, as well as students of Pacific islander ethnicities who are US citizens, US nationals, or permanent residents who grew up outside of the islands. The PISC team oversees services, programs, and resources to facilitate student success. Learn about all the awesome resources PISC offers at: https://hilo.hawaii.edu/pisc/

The Minority Access and Achievement Program (MAAP) Office was established as the result of an initiative by the state legislature to “improve the access and success of students from underrepresented ethnic groups at the university and in the professions in Hawai‘i.” The ethnic groups most underrepresented in higher education in this state are Hawaiian, Filipino, Samoan and other Pacific Islanders, and Indo-Chinese. MAAP offers: academic and personal support through counseling, academic advising, career exploration, and financial aid advising, the Peer Assistant Linkages and Support (PALS) program which links freshmen with upperclassmen in their field as mentors and life-long friends, scholarship opportunities, internship opportunities, recruitment activities, and more! Check out this great service at: https://hilo.hawaii.edu/studentaffairs/maap/

3 June 2016

Happy Aloha Friday! Did you know? UH Hilo is home to a few botanical gardens? The botanical gardens at UH Hilo were started in the 1980s by Professor Don Hemmes when, after hearing a lecture on the life cycle of a pine tree, a student in a freshman biology course asked, “What’s a pine tree? Where I live there aren’t such things as pine trees.” Hemmes got a shovel, and that was the beginning of the University of Hawai‘i Botanical Gardens, which contain hundreds of plants that students might otherwise not experience unless they traveled outside of Hawai‘i. The UH Hilo Botanical Gardens consist of three separate areas that feature cycads, bromeliads, and palms. Currently, they include one of the largest collections of cycads in Hawai‘i with over 100 species from 10 genera and several species yet to be named. One section of the garden has over 40 species of Zamia from Mexico and Central and South America and other sections contain rare and endangered Encephalartos and Stangeria from Africa, Macrozamia, Lepidozamia, and Bowenia from Australia, and Cycas from China and Vietnam. There are gardens located right next to the residence halls, so you can go for a great stroll through the beautiful gardens on your time off from class!
The mission of the Office of Applied Learning Experiences (ALEX) is to assist the university in reaching its goal of providing every student with an applied learning experience through, but not limited to, increased internships and practica with local businesses and agencies, greater student involvement in faculty research, and artistic and creative endeavors. The ALEX office provides students with internship opportunities, career help, mentorship programs where students can be mentored by professionals in their field, and more! Learn more at: https://hilo.hawaii.edu/ALEX/

The Marine Option Program (MOP) is driven by students interested in the ocean that surrounds our islands. MOP provides hands on, marine-focused experiences for any UH student interested in the ocean - regardless of their major! These activities include: turtle tagging, scientific diving, boating, camping, whale and seal counts, and many other ocean-related field trips. MOP even offers a certificate program for students of all majors! MOP field trips are typically open to any UH student! MOP students have the chance to participate in MOPportunities - opportunities to assist in field research, outreach events, and other marine-related activities with various professors and agencies in Hawai‘i. In many cases, MOP will help facilitate by providing gear, transportation, or other support. Learn more about the program at: www.uhhmop.hawaii.edu/
Did you know? UH Hilo has our own radio station run by students! Catch University Radio Hilo - URH for short - at local 101.1 FM or online at uhhradio.com! University Radio Hilo (URH) provides broadcasting of Diverse, Musical, Educational, Cultural, and Informational programs by transmitting student member’s voices, their motto is: “Where our Voice, Is your Voice” Student DJ’s have the chance to spin their sounds on air, and at events that partner with URH! Don’t know how to DJ? Well students can even host their own radio shows or music hours!

Vulcan Video Productions (VVP) gives students the opportunities to gain experience and education in video production and broadcasting with high quality equipment and editing programs. Their projects include regular programming of informative and entertaining shows, an annual Student Film Festival, vlogs made filmed by students called the VulcanVloggers, promotions and commercials for school events and more! Check them out on YouTube at https://www.youtube.com/channel/UC3nKZve3sNndXRPxvfN9QSw
The Outdoor EdVenture program was established in to provide a wide range of outdoor activities and programs at a variety of skill levels for the UH Hilo community. Participants have the opportunity to explore the Big Island by participating in diverse adventure trips. Ultimately, participants will gain an appreciation and concern for the natural environment, meet new people, and have a great time. Outdoor EdVentures hosts free field trips for UH Hilo students every weekend ranging from beach trips and hiking adventures to whale watching and kayaking and more - there are so many different field trips! Field trips are hosted by fellow students, so it is always a great time! Check out more info at https://hilo.hawaii.edu/rec/center/outdooradventure1.php!
The University of Hawai‘i at Hilo was founded as Hawai‘i Vocational College (Hawai‘i College) in 1941. In 1947 it was formally recognized as UH Hilo and in 1970 it was recognized as an official four-year institution and began its life with 1,000 students!

Welcome to UH Hilo!

See you on our social media and in 30 days for the next #UHHiloIn100Days newsletter!

UH Hilo in 100 Days!