A HANDBOOK FOR PACIFIC ISLANDER STUDENTS

COMPASS

Navigating Success 2013-2014

University of Hawai‘i at Hilo
Pacific Islander Student Center
Campus Center 307
200 W. Kawili St.
Hilo, HI 96720
808.933.3857
www.hilo.hawaii.edu/pisc
Aloha

Alii (Palauan), Bula (Fijian), Hafa Adai (Chamorro), Iakwe (Marshallese), Kaseholelie (Pohnpeian), Malo e Lelei (Tongan), Mogethin ( Yapese), Paing Kom (Kosraean), Ran Annim (Chuukese), Talofa (Samoan), Wenimomoto (Outer Islanders…Chuuk, Yap)

WELCOME!

We are glad to have you join the Pacific Islander community at UH Hilo. We invite you to take advantage of all that the Pacific Islander Student Center (PISC) offers. We created this student guide for new Pacific Islander students to provide an overview of the resources and opportunities available to students on campus and the Hilo community. It will serve as your compass to help you navigate your success at UH Hilo. Please review it thoroughly and bring your questions to our discussions at the PISC.

Mark Your Calendar!

We invite all new Pacific Islander students at UH Hilo to attend the following programs specifically for them:

PACIFIC ISLANDER STUDENT ORIENTATION – **Tuesday, August 26, 2013** at 6:00 – 8:30 pm, Campus Center 307. For all new Pacific Islander students at UH Hilo to learn about the programs and services of the PISC.

ISLAND TIME - **Friday, September 6, 2013** at 5:30 pm, Campus Center 307. Come and learn about all the Pacific Islander student organizations including the Chuukese Student Association (CSA), Kosrae Hilo Organization (KHO), Marshallese Iakwe Club (MIC), Ngelekel Belau, Pohnpei Kaselehlia Club, Tupulaga O’ Samoa Mo A Taeao (TOS), Waab Student Organization (WSO).

WELCOME RECEPTION – **Friday, September 6, 2013** at 6:30 pm, Campus Center 301. Hosted by the Pacific Islander Student Center, Friends of Pacific Islanders, and the Pacific Islander student organization officers, this dinner reception will help welcome our new Pacific Islander students to UH Hilo. Attire: Island wear.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Campus Resources</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Resources at a Glance</td>
<td>4</td>
</tr>
<tr>
<td>• Where to Find Things on Campus</td>
<td>5</td>
</tr>
<tr>
<td>Who We Are</td>
<td>9</td>
</tr>
<tr>
<td>• Welcome!</td>
<td>2</td>
</tr>
<tr>
<td>• About the Pacific Islander Student Center</td>
<td>9</td>
</tr>
<tr>
<td>• Programs &amp; Services</td>
<td>9</td>
</tr>
<tr>
<td>• Meet the Staff</td>
<td>10</td>
</tr>
<tr>
<td>Navigating Your Success</td>
<td>12</td>
</tr>
<tr>
<td>• What Pacific Islander Students Should Know Before Starting College</td>
<td>12</td>
</tr>
<tr>
<td>• Helpful Tips from Highly Successful Pacific Islander Students at UH Hilo</td>
<td>14</td>
</tr>
<tr>
<td>• Writing Your Success Story</td>
<td>24</td>
</tr>
<tr>
<td>Preparing for Success</td>
<td>25</td>
</tr>
<tr>
<td>• MyUH &amp; Star</td>
<td>25</td>
</tr>
<tr>
<td>• Placement Assessment</td>
<td>25</td>
</tr>
<tr>
<td>• Advising</td>
<td>26</td>
</tr>
<tr>
<td>• Faculty Expectations</td>
<td>26</td>
</tr>
<tr>
<td>• Learning Styles</td>
<td>26</td>
</tr>
<tr>
<td>• Time Management</td>
<td>26</td>
</tr>
<tr>
<td>• Student Code of Conduct</td>
<td>27</td>
</tr>
<tr>
<td>Health &amp; Wellness</td>
<td>28</td>
</tr>
<tr>
<td>• Safety</td>
<td>28</td>
</tr>
<tr>
<td>• Homesickness</td>
<td>28</td>
</tr>
<tr>
<td>• Ways to Contact Home</td>
<td>29</td>
</tr>
<tr>
<td>• Healthy Decision-making</td>
<td>29</td>
</tr>
<tr>
<td>• Dealing with Transition</td>
<td>30</td>
</tr>
<tr>
<td>Managing Your Resources</td>
<td>33</td>
</tr>
<tr>
<td>• Financial Aid &amp; Scholarships</td>
<td>33</td>
</tr>
<tr>
<td>• Budget &amp; Money Management</td>
<td>34</td>
</tr>
<tr>
<td>• Social Security cards</td>
<td>34</td>
</tr>
<tr>
<td>• Banks</td>
<td>35</td>
</tr>
<tr>
<td>• Writing a Job Resume</td>
<td>35</td>
</tr>
<tr>
<td>• Employment</td>
<td>35</td>
</tr>
<tr>
<td>Getting Involved</td>
<td>37</td>
</tr>
<tr>
<td>• Campus Events</td>
<td>37</td>
</tr>
<tr>
<td>• UHHSA Student Government</td>
<td>38</td>
</tr>
<tr>
<td>• Student Clubs</td>
<td>38</td>
</tr>
<tr>
<td>About Hilo</td>
<td>39</td>
</tr>
<tr>
<td>• Fun Facts</td>
<td>39</td>
</tr>
<tr>
<td>• Where to Find Things in Hilo</td>
<td>43</td>
</tr>
<tr>
<td>Consulates</td>
<td>44</td>
</tr>
<tr>
<td>Frequently Asked Questions</td>
<td>45</td>
</tr>
<tr>
<td>Maps</td>
<td>47</td>
</tr>
<tr>
<td>• UH Hilo Campus</td>
<td>47</td>
</tr>
<tr>
<td>• Downtown Hilo</td>
<td>48</td>
</tr>
</tbody>
</table>
# Resources at a Glance

<table>
<thead>
<tr>
<th>Service</th>
<th>Location</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Advising Center</strong></td>
<td>Portable Building 2, Room 103</td>
<td>(808) 974-7688</td>
<td><a href="http://hilo.hawaii.edu/studentaffairs/advising/">http://hilo.hawaii.edu/studentaffairs/advising/</a></td>
</tr>
<tr>
<td><strong>Bookstore</strong></td>
<td>Campus Center, First Floor</td>
<td>(808) 974-7348</td>
<td><a href="http://www.bookstore.hawaii.edu/hilo">www.bookstore.hawaii.edu/hilo</a></td>
</tr>
<tr>
<td><strong>Business Office (Cashier)</strong></td>
<td>Building 300 A Room 112</td>
<td>(808) 974-7404</td>
<td></td>
</tr>
<tr>
<td><strong>Career Development Services</strong></td>
<td>Campus Center Room 202 A</td>
<td>(808) 974-7687</td>
<td><a href="http://www.career.uhh.hawaii.edu/">www.career.uhh.hawaii.edu/</a></td>
</tr>
<tr>
<td><strong>Counseling Services</strong></td>
<td>Student Services Building, Second Floor</td>
<td>(808) 974-7399</td>
<td><a href="http://www.hilo.hawaii.edu/studentaffairs/counseling/">www.hilo.hawaii.edu/studentaffairs/counseling/</a></td>
</tr>
<tr>
<td><strong>Financial Aid</strong></td>
<td>Student Service Building, Room 109</td>
<td>(808) 974-7324</td>
<td><a href="http://www.hilo.hawaii.edu/financialaid">www.hilo.hawaii.edu/financialaid</a></td>
</tr>
<tr>
<td><strong>Housing Office</strong></td>
<td>Portable Building 11</td>
<td>(808) 974-7522</td>
<td><a href="http://hilo.hawaii.edu/housing/">http://hilo.hawaii.edu/housing/</a></td>
</tr>
<tr>
<td><strong>International Student Services &amp; Intercultural Education</strong></td>
<td>Student Services Building 206</td>
<td>(808) 974-7313</td>
<td><a href="http://www.hilo.hawaii.edu/studentaffairs/international">www.hilo.hawaii.edu/studentaffairs/international</a></td>
</tr>
<tr>
<td><strong>Kilohana – Academic Success Center</strong></td>
<td>LRC 126 A</td>
<td>(808) 974-7545</td>
<td><a href="http://www.hilo.hawaii.edu/kilohana/">www.hilo.hawaii.edu/kilohana/</a></td>
</tr>
<tr>
<td><strong>Library</strong></td>
<td>Edwin H. Mookini Library</td>
<td>(808) 974-7344</td>
<td><a href="http://www.library.uhh.hawaii.edu">www.library.uhh.hawaii.edu</a></td>
</tr>
<tr>
<td><strong>Mail Room</strong></td>
<td>University Mail Services</td>
<td>(808) 974-7369</td>
<td></td>
</tr>
<tr>
<td><strong>New Student Programs</strong></td>
<td>Campus Center Room 313</td>
<td>(808) 933-0732</td>
<td><a href="http://hilo.hawaii.edu/nsp/">http://hilo.hawaii.edu/nsp/</a></td>
</tr>
<tr>
<td><strong>Pacific Islander Student Center (PISC)</strong></td>
<td>Campus Center Room 307</td>
<td>(808) 933-3857</td>
<td><a href="http://www.hilo.hawaii.edu/pisc/">www.hilo.hawaii.edu/pisc/</a></td>
</tr>
<tr>
<td><strong>Peer Assistant Linkages and Support (PALS)</strong></td>
<td>Student Service Building Room 202</td>
<td>(808) 974-7451</td>
<td><a href="http://www.hilo.hawaii.edu/studentaffairs/maap/">www.hilo.hawaii.edu/studentaffairs/maap/</a></td>
</tr>
<tr>
<td><strong>Student I.D.</strong></td>
<td>Campus Center Room 204</td>
<td>(808) 974-7499</td>
<td><a href="http://www.hilo.hawaii.edu/campuscenter">www.hilo.hawaii.edu/campuscenter</a></td>
</tr>
<tr>
<td><strong>Student Medical Services</strong></td>
<td>Campus Center Room 212</td>
<td>(808) 974-7636</td>
<td><a href="http://www.hilo.hawaii.edu/studentaffairs/health/">www.hilo.hawaii.edu/studentaffairs/health/</a></td>
</tr>
<tr>
<td><strong>Student Life Center</strong></td>
<td>Student Life Center Building</td>
<td>(808) 933-7631</td>
<td><a href="http://www.hilo.hawaii.edu/rec/center">www.hilo.hawaii.edu/rec/center</a></td>
</tr>
<tr>
<td><strong>Student Support Services Program (SSSP)</strong></td>
<td>Student Services Building 211</td>
<td>(808) 974-7616</td>
<td><a href="http://www.hilo.hawaii.edu/studentaffairs/sssp">www.hilo.hawaii.edu/studentaffairs/sssp</a></td>
</tr>
<tr>
<td><strong>Women’s Center</strong></td>
<td>Campus Center Room 312</td>
<td>(808) 974-7335</td>
<td><a href="http://hilo.hawaii.edu/studentaffairs/womenscenter.php">hilo.hawaii.edu/studentaffairs/womenscenter.php</a></td>
</tr>
</tbody>
</table>
Where to Find Things on Campus

Advising Center*
*Portable Building 2, Room 103
(808) 974-7688
Email: uhhadvis@hawaii.edu
The Advising Center is committed to promote student learning by assisting undergraduate’s general and undeclared students in the development of educational plans that are compatible with their career and life goals.

Bookstore
*Campus Center, 1st Floor
(808) 974-7348
Email: hilobook@hawaii.edu
Website: www.bookstore.hawaii.edu/hilo
New and used textbooks and other educational materials and supplies are sold at the UH Hilo Bookstore, as well as convenience items and clothing. The store sells software and computer related items for both Macs and PCs. In addition, new and used textbooks are available for students to rent. However, students must have either a credit or debit card in order to rent textbooks.

Campus Center
*Campus Center
(808) 974-7499
Website: http://hilo.hawaii.edu/campuscenter/
The Campus Center building is the main building that holds all the student activities offices including the Sodexo Dining Hall, Da Lava Tube game room, the Pacific Islander Student Center, Student Health Center, lounges, and student organization offices. You can also pick up taxi and bus passes, lost and found items, and access a computer lab.

Cashiers Office*
*Business Office
(808) 974-7404
Email: uhhcash@hawaii.edu
The UH Hilo Business Services Cashiers Office handles and process tuition and fee payments. They also offer payments plans for the semester.

Career Development Services*
*Campus Center, 202A
(808) 974-7687
Email: career@hawaii.edu
The program provides services for students with student employment, job listings, internship opportunities, workshops, resume critiques, career information, career assessment and counseling, and graduate or professional school planning.
Counseling Services*
*Student Services Building, 2nd Floor
(808) 974-7399
*Email: armeniox@hawaii.edu
Counseling Services provides a safe setting in which students may explore personal, educational and life planning concerns and makes referrals to community resources. Further, the program helps students who are dealing with everyday problems related to university life, as well as more serious concerns.

Disability Services Office*
*Hale Kauanoe A Wing Lounge
(808) 933-0816 or (808) 933-3334
*Email: uds@hawaii.edu
The Disability Services Program was created to serve students, staff, and faculty with disabilities. This office provides academic accommodations and support services to better serve individuals with disability’s educational needs.

Financial Aid Office*
*Student Services Building, 1st floor
(808) 974-7323
*Email: uhffao@hawaii.edu
The University of Hawaii at Hilo Financial Aid Office offers assistance in applying for financial aid and loans. In addition, this office help students interested in learning ways of paying for college through aid programs such as scholarships, grants, and work study programs.

International Student Services & Intercultural Education*
*Student Services Building, Room 206
(808) 974-7313
*Email: mellon@hawaii.edu
The International Student Services provides supporting assistance to international students through their transitions to the U.S. with the assistance of official immigration documents, advising on immigration regulations and matters as well as financial, academic, employment, and personal goals. Further, the program offers a variety of government scholarships and grants for Pacific Islander students from the FSM, Marshall Islands, Palau, etc.

Kilohana Academic Support Services Center
*Mokini Library
(808) 933-3428
Website: [http://hilo.hawaii.edu/kilohana/](http://hilo.hawaii.edu/kilohana/)
Kilohana provides tutoring for a variety of courses offered at the University and is lin the lower level of the Mookini Library. The center provides dedicated and skilled tutors to help you succeed in your classes. The Services are located on the lower level of the Mookini Library. Both appointments and walk-ins are welcome. Tutoring is provided for the following areas: Biology, Chemistry, Computer Science, Marine Science, Math, Physics, Statistics, and Writing.
Library
Circulation Desk, Hours and Reserves: (808) 974-7344
Reference Desk: (808) 974-7346
Website: http://guides.library.uhh.hawaii.edu/home
The library provides access to thousands of online journals and keeps a browsing collection of print journals onsite. Facilities in the library include a computer lab as well as additional computers and printing stations located throughout the building including scanning and printing stations. Wireless network access to the Internet is provided in most areas of the building. Media production room and study rooms are also available for student use. The library’s catalog, research databases, and research guides are all available online. The staff offers a comprehensive program of library instruction using a networked electronic classroom and interactive online tools.

New Student Programs*
Campus Center, 3rd floor
(808) 933-0732
Email: nsp@hawaii.edu
Website: http://hilo.hawaii.edu/nsp/
The New Student Programs (NSP) is committed to supporting all of the newest members of the university ‘ohana (family). Their mission is to build a foundation for student’s full academic and social integration into the campus through the development of long lasting connections to other students, faculty, staff and student support resources. New Student Programs coordinates the fall and Spring Orientation program, which welcomes all of the new students and prepares them to be successful here at UH Hilo.

Office of the Registrar*
Student Services Building, Room 101
(808) 974-7326
Email: uhhro@hawaii.edu
The office of the Registrar provides all registration and record-related information such as announcements, registrations dates and instructions, current semester schedule of classes, final exam schedules, enrollment or degree verification, etc. Students may acquire a copy of their transcripts and declare a change of major through the Office of the Registrar.

Peer Assistant Linkages and Support (PALS)*
Student Services Building, 2nd Floor
Email: gingerh@hawaii.edu
The Peer Assistant Linkages and Support (PALS) is a mentoring program which links freshmen and transfer students with current UH Hilo who serve as peer assistants. PALS provide a place where the participants can meet and are encouraged to engage in academic and personal development workshops and cultural enrichment activities.

Student ID’s
Campus Center, 204
(808) 974-7499
The UH Hilo student ID’s are issued at the Campus Center’s Da Lava Tube. All new and incoming students are entitled a University of Hawaii ID card for $10.00. Students are required to bring a valid photo ID (State ID, Driver’s license, passport, and etc.) in order to purchase a student ID. UH Hilo student ID’s must be validated each semester a student is enrolled.

**Student Life Center**
*Student Life Center*
(808) 933-7631
The Student Life Center (SLC) facility consists of nearly 23,000 square feet of indoor fitness and recreational rooms, a cardio and weight room, dance and aerobics rooms, a lounge with wireless internet, and indoor café, locker rooms, an Olympic- sized swimming pool, and an open deck by the swimming pool. They also offer various classes at no additional charge such as Judo, Spin, Yoga, Zumba, total body conditioning and more.

**Student Medical Services**
*Campus Center, Room 212*
(808) 974-7636  Fax: (808) 933-0868
Student Medical Services is open Monday through Friday (except holidays), 8:00am to 4:30pm. A full time family nurse practitioner is available daily, a family nurse practitioner with a focus on family planning is available part-time and an MD is available one afternoon a month. Services include acute illness care, sutures, first aid, health education, advice on caring for illnesses or injuries, counseling on health related problems, tuberculin tests, and routine immunizations.

**Student Support Services Program (SSSP) ***
*Student Services Building, Room 211*
(808) 974-7616
*Email: ssspuhh@hawaii.edu*
SSSP is designed to assist eligible students in achieving their maximum potential in college. The staff can help participants with their academic and career plans, and assist them with obtaining financial aid. Tutoring is provided to current S SSP participants for many of the high demand and general subjects. Please contact the office to see if you're eligible.

**Women Center ***
*C-campus Center, Room 312*
(808) 974-7335
*Email: uhwwomen@hawaii.edu*
The UH Hilo Women’s Center serves as a focal point for advocacy efforts designed to impact the campus climate as it relates to the empowerment of women, the encouragement of social justice, leadership and safety for all individuals. The Women’s Center strives to create a place for all students that are safe, collaborative, and welcoming.

* This office will be moving into the new Student Service Building in Fall 2013 and will then receive new phone numbers.
Who We Are

About the Pacific Islander Student Center

The Pacific Islander Student Center (PISC) is your “home away from home” for students from the U.S.-affiliated Pacific island regions of American Samoa, CNMI, FSM, Guam, Palau, RMI, and the US citizens with Pacific Island ethnicity. The Center is set up as a gathering place for Pacific Islander students to meet each other, to study individually or in groups, or hold their club meetings and events. Students can use our 10 Apple and PC desktop computers or sign out any of our 20 laptops for use at the center, watch television, use our kitchen or covered lanai with covered tables for group meetings or to eat your lunch.

Programs & Services

Besides serving as a gathering place, the Center also offers the following services for Pacific Islander students:

- Academic Support Services
- Student Employment
- Campus Programming
- Community Outreach
- Research & Development

All of these programs and services are free of charge and all aimed at facilitating the success of Pacific Islander students in higher education at the University of Hawai’i at Hilo.

Location & Contact

The Center is located on the 3rd floor of the Campus Center in room 307. Phone: 808-933-3857

Hours of Operation

Fall & Spring

Drop-in: 9:00 am – 4:30 pm
Study Groups / Club Meetings: 4:30 pm – 8:30 pm

Students can drop in any time during our business hours to study, use computers, write papers, watch TV, cook / eat your lunch, relax. In the evening, the Center is dedicated to special use for study groups.

Summer

Drop-in: 10:00 am – 4:30 pm (or by appointments)
Meet the Staff

Vidalino Raatior, M.A.
Director
raatior@hawaii.edu
808.933.3857
PISC, Campus Center 307

Vid comes to UH Hilo from Santa Clara University where he worked as the Assistant Director in the International Programs Office and as Associate Director of the Center for Multicultural Learning for over 10 years. He has also worked as Assistant Director and as a teacher at Xavier High School in Chuuk, FSM. Originally from Chuuk, FSM, Vid received his bachelors degree in communication from the University of Guam and a masters degree in school administration from University of San Francisco.

*Vid is responsible for all the programs and services at the Center including student employment, events, campus programming, & community outreach.*

Desha Staley-Raatior, M.A.
Educational Specialist
deshasr@hawaii.edu
808.933.3857
Student Services Bld. & PISC, Campus Center 307

Desha provides various support services to Pacific Islanders and is affiliated with Student Support Services Program. She received her BA in psychology from Arizona State University and her MA in International and Multicultural Education from University of San Francisco. Desha comes to UH Hilo with experience working as Assistant Director of Student Activities and as a Projects & Training Specialist at the University of San Francisco (USF). She was also the Assistant Principal at Xavier High School in Chuuk, FSM.

*Desha is responsible for academic support services for all Pacific Islander students including the summer bridge, advising, and teaches the University 101 course for new students.*

Denise Uehara, Ph.D.
Researcher
duehara@hawaii.edu
808.933.3857

Denise serves as a part-time Researcher on the project, conducting studies, investigating factors that facilitate the success of Pacific Islanders in higher education. She is currently an Assistant Professor in the College of Education at UH Manoa, where she has worked since 2005, and previously worked for many years with Pacific Resources for Education and Learning (PREL) in Honolulu as a Senior Research Associate.

*Denise is responsible for all the research and assessment component of our services at the Center. She works from UH Manoa, but you will be hearing from her about surveys, focus groups, and other similar needs.*
The Pacific Islander Student Center & the AANAPISI Project was made possible through the efforts of Jim Mellon who has had a long-standing interest and commitment to the Pacific Islander students after having served as a volunteer teacher in Pohnpei, Federated States of Micronesia. Jim began serving as the Director of International Student Services & Intercultural Education in July 2011. He is the Principal Investigator for the AANAPISI Grant and oversees the staff, services, and programs of the PISC.

*Jim oversees all the strategies, programs, services offered at the Center funded by the AANAPISI Grant. You will be hearing more from him from the International Student Services & Intercultural Programs Office for the international student orientation, social and educational opportunities for all international students.*

Program Assistants

A list of
Navigating Your Success

“What Pacific Islanders Should Know Before Starting College”
By Vidalino Raatior

A college education is a big investment in money, time, energy, and resources for any high school graduate. For the Pacific Islander students who are afforded the chance to leave the relative calm of their home islands in pursuit of a college degree, this experience is both a privilege and a daunting task. It brings honor to the family, but can also become collective shame for failure to attain the degree.

This reflection is meant for newly graduated high school students from the Pacific Island regions. It is partly based on my own experience as a Micronesian who left a small island in Chuuk to get an education in Guam, New York, and California. It is also informed by the discussions, surveys, and focus groups with Pacific Islander students at University of Hawai‘i at Hilo. It is not meant to be exhaustive, but serves as a starting point for further discussion during the Pacific Islander Summer Bridge Program.

So, what can an old Pacific Islander educator tell the new generation of Pacific Islander college students? Here are my top 7:

1) Get Your Bearings Before You Leave the Island – Going to college is like launching your canoe on a 4-year seafaring expedition with you as the master navigator, the paluwlap. Our disciplined ancestors who traversed this vast blue liquid continent known as the Pacific Ocean, knew their destination and filled their canoes with provisions before starting a journey. Your modern day provisions might include some concepts:

- You no longer control time; time will now control your life.
- You are in charge of your journey; take control of it
- You will run out of provisions along the way; check your pride and flag down a passing ship to ask for help
- You will encounter strong winds, powerful currents, calm seas with no wind blowing, giant waves that prevent you from making progress; keep on paddling
- You are no longer learning how to navigate; you are expected to navigate.
- Your humility is your power; assert that power to get things done
- The ocean you’re traversing is heavily traveled by all sorts of canoes, speedboats, yachts, tankers that are faster and more well resourced (and even prettier); don’t compare yourself with them or you’ll lose focus on your unique qualities.

2) Seek Out Resources on Campus – The operative word is “seek”; you are the master navigator of your own canoe; no one will seek you out to give you the resources. College is when you have to grow up almost instantly with a Can-Do-American attitude. You have to peel off the external layers of our island cultures of humility, which can stand in the way of taking initiatives. Take
advantage of any bridge program that is open to you for they help transition you from your high school years to your college career. Pay the small fee to attend your college’s new student orientation program; it’s a great investment in your preparation to succeed in higher education. Seek the free services offered by the international student services, tutoring center, peer mentoring through a minority student services, financial assistance through your financial aid office, writing through the writing center on campus. Contact your Pacific Islander Student Center.

3) Meet with Your Advisor – At UH Hilo, your advisor is a faculty or staff member assigned to you to guide your explorations through the academic options available to you. The role of your advisor is to assist you in the process. Although academic advising is not mandatory, it is in your best interest that you meet with your advisor and build a relationship with them your first semester on campus. It is imperative that students with declared majors meet with faculty advisors to go over course selection and sequencing in the majors. Undeclared students are assigned to professional advisors in the Advising Center.

4) Check Your Pride on the Shore & Ask for Help Early – We are a proud people in the Pacific. That pride has its proper place in our culture, but must be checked when you are in college. There are people on college campuses whose jobs are to help you succeed in college. Seek them out and get their help. You cannot afford to let your Pacific Island pride get in the way of your success.

5) Self-Discipline is not Selfish - In our laid back close-knit Pacific Island cultures, we value spending time with people in our villages, church groups, clan obligations, family responsibilities, and social group of friends. Our self-worth is often measured by the degree to which we fulfill our communal responsibilities. You may be away from your communities, but in college you simply pick up other groups who demand your involvement. Your elders are now the faculty, staff, and work supervisors; church members might be your classmates. Your 2 friends back home are now replaced by your 400 Facebook “friends,” your nuclear family are your roommates and members of your student organization are your new extended family. All of these groups will demand set time with them. In college, you will need to learn how to strengthen your self-discipline to say, “No, thanks, I need to study!” Master those simple words and you will not only help yourself, but the rest of the students in your groups who need a culture of discipline to succeed too.

6) Passing Time or Passing Classes - A typical day in the Pacific was clocked by the rising and the setting of the sun. Your typical high school day was controlled by the bell and the constant promptings of teachers, guidance counselors, parents, and maybe even the principal. Your typical college day is now focused on the demands of passing your courses often without the constant affirmations of teachers, counselors, or your family. Each 24-hour day in college is a jumble of small decisions, which connect to each other to form a chain of success. I guarantee you will need a calendar / organizer to keep track of all your activities to avoid missing one of these links. The more missing links you have the less chance you have to reach your goal. And you have to
do all of these while managing homesickness, culture shock, long study hours, note-taking skills, noisy apartments or neighbors, tests, papers, deadlines, jobs, social networking, research, group work, making money, paying your bills, fieldtrips, sports, socializing, shopping, cooking, cleaning, doing laundry, getting tutoring, and exercises. If you ever feel that your typical college day resembles the slow mode of passing time back home, then you need to check yourself. Chances are you are letting time pass by without passing your classes. You have to learn to manage your priorities to succeed in college.

7) Respect Your Elders, But Interact with Your Professors – Pacific Island cultures are rooted in the respect of our elders. The cultural power dynamic prevents youth from interacting directly with the elders as such interaction might be considered disrespectful. In college, your professors expect you to come and see them during their office hours. They want you to succeed in their classes. In fact, most professors have extra points for students who make time to come and get help during their office hours or ask questions in class. They may seem intimidating, but that may be because of our own cultural upbringing. You need to overcome that quickly…on day one and see your teachers as companions on your expedition. Their role is to provide you with the information you need to succeed when you get to shore (graduation). As the master navigator of your canoe, get your bearings from them regularly. To avoid them completely is actually disrespectful of their role, expectations, and expertise.

About the Author:
Vidalino Raatior is the Director of the Pacific Islander Student at University of Hawaii at Hilo.

Helpful Tips from Highly Successful Pacific Islander Students at UH Hilo

At the conclusion of the Spring 2013 term, 65 Pacific Islander students at UH Hilo maintained a cumulative GPA of 2.9 or better. These highly achieving students were asked to contribute to some helpful tips for incoming Pacific Islander students specifically addressing the following topics:

- What I wish I had known as a Freshman…
- How I deal with peer pressure…
- My study patterns or advise…
- What I do to stay focused on my academic success…
- Managing / balancing my time in college…
- My most important and crucial advise to a new Pacific Islander student…

Their responses are provided verbatim to help new Pacific Islander students in navigating their own academic success at UH Hilo. The contributors are listed at the end of this section.

What I wish I had known as a freshman…

- Outdoor Adventures - all the theater shows - HELP (even though it was only started in my senior year) - that the Hele-on bus was free!
Knowing what the experience would be like

I started UH-Hilo as a sophomore and I learned that the services that UH-Hilo offers like PALS, SSSP, International Student, are very helpful. They helped familiarize me with the school, and they also gave me great tips on the college life and challenges

What I wish I had known as a transfer student The programs UH Hilo offered, especially the study abroad program. The Pacific Island Resource Center. The scholarship databases (UH Hilo and UH System)

To make use of the help or tutoring centers in school.

Financial support that I am eligible for

As a new student at the UH Hilo, I wish I knew more of the class basics and also the expectations of professors and staffs.

There is a room just for PACIFIC ISLANDERS:) - Don't immediately buy your textbooks at the bookstore. Ask around for the textbooks among friends or compare prices online at Amazon, Ebay, or Chegg

I wish I knew a lot more when I came to college. Because I took a year off after I graduated high school, it was fairly new coming back. It took a while for me to adjust the whole process. When I first registered, it was with a group of new students so I didn't know about my own advisor who would have helped me through the year. I didn't know much the grading process in a class, like in high school, my teachers always updated me, but in college, you have to make a move if you want to know. It all seems scary, but you learn as you go and having fellow "islanders" to help me was a big help.

Use all the resources on campus such as tutor centers and library.

My Pell grant eligibility . For example, how many credits I have left to be eligible for the pell grant.

How to communicate with my academic advisor

I wish that I had known that a transferable Associate in Arts degree earned prior to official UHH matriculation waives General Education. -- Advisers gave me general education courses to take, and it took me 3 semesters to figure out that I'm not required to take any general education courses.

Dealing with professors & tough classes...

The tougher the professor, the more important it is for you to have the professor know your name, how you do in class, and the way you are outside of class. It helps...ALOT! - please use SSSP! they help...ALLLOOTT!!

Talk to your professor and ask for help

Never miss a class

Turn those challenges and those harsh critiques into motivation. A piece of advice my dad gave me was... "it's not the course it's you. The amount of time you put in to UNDERSTAND the course makes a difference."
• Before you register for a course, ask around to get more information about the professor. You can even go on websites like "ratemyprofessor.com" for more information. Build a rapport with all your professors, especially your advisor. You never know when you will need their help especially if you need one of them as an academic reference. Some professors are not afraid to say you never took his/her classes seriously. Do not drop a course just because it is too tough or because the professor is tough and gives way to many assignments. Those courses are usually the best and the most beneficial courses. Sometimes it is ok to take easier classes when you have a heavy workload for the semester but do not always take the easy way out. Why waste your time always taking the easy way out and not stepping up to the challenge? You came here to be educated, to have fun and to face new challenges. Some of you are first generation students, some of you worked extremely hard for a scholarship to get off the "rock" to attend UH Hilo and for some of you, your parents are forking out thousands of dollars to put you through school! Make them and yourself proud! Step up to the challenge! Go Hard or fly back home....

• Always be on time and sit in the front, and pay attention. It pays well to sit right under the professors nose, helps you from distractions. And always read the text book or materials in advance before going to class.

• Often use professors' office hours * make friends with classmates (usually in your field of study) because they will most likely be taking classes with you till you graduate and they may be able to help you with your struggles

• Always ask professors questions if the subject was not clear. - Participate in class discussion and class activities - Read given literatures or books for the class - Go through your notes before going to class and after the class

• You can argue for your grade; professors would gladly help you pass (that's if you show commitment to the class) - Email the professor if you want a study guide or if you want to schedule a meeting with them. Talk to them about opportunities to gain experience about your field or maybe giving you some extra credit. They're human beings like us; they don't bite.

• It's not always easy, but there are several things you can do. 1. Always take down crucial notes: things that the professor repeats or things you know are important. 2. Study ahead of time, don't wait until the day before read over notes and go through your study guides. 3. Stay in touch with your professor to see your progress and don't be afraid to ask if there's any extra credit.

• Get into a habit of working with classmates and tutors.

• Don't be afraid to ask questions. If you don't like asking questions in class, meet up with your professor in his/her office. They like students who show that they're actually eager to learn things. For tough classes.

• Read your syllabus

• Take good notes
• Read up the materials before you go to class (it’s always better to read before class so that if you come across things you don’t understand you can ask the professor when he/she is covering the material)
• If you think you write slow, buy a recorder! I had one and it sure helps. That way I was able to just concentrate on the lecture and take simple notes. When I get home I replay the recording and take more detailed notes. It’s awesome!
• You should also make friends in class and form a little study group.
• Visit the tutoring centers
• Do not hesitate to ask for help! If you're not a people person, send an email. However, I strongly recommend meeting your professor during office hours. Don't be intimidated.
• I usually email the professors if there are any difficulties understanding lectures. If I don't have the guts to do it then I go to the counselors to help me out.
• Tutoring is FREE at UHH (PISC & SSSP). Take advantage of it sooner than later
• Some professors you might find boring/strict, so don't blame them. That's just the way life is. On the other hand, these are the best classes ever. Why? They are tough so it's going to required more critical thinking, readings, assignments, or so forth. It is a great opportunity for you to challenge yourself. DON'T FORGET, take a deep breath, focus, and you'll be okay.

Dealing with peer pressure...

• There’s no dodging it. How you fare with your peers will determine how you will fare in life... no man is an island. so make good choices to be around good people.
• Say no and learn to prioritize your priorities
• I never really had problems with peer pressure because I made sure I knew my goals and my purpose here. I also understood what I have to sacrifice in order to reach my goals. It all comes down to have fun now with not much benefit, or sacrifice for a better benefit in the future
• You are in Hawaii! Away from your family! You now have all the freedom in the world! New Friends! Stop and think, how are you going to handle this? How are you going to make right choices on your own? Be strong when you are being pressured by your peers. Unless they are pressuring you to get out of bed at 4 am for an awesome zip lining trip, then GET UP! But in all seriousness, learn to stand up for yourself when you know you are being pressured to do something you do not want to do. The world is not going to end if you say no..... but you might lose an amazing job opportunity because you failed the required drug test. I speak from my own experiences when I say college will be rough and you will make mistakes and the wrong choices. Just learn from them and move on.
• Have fun! It's College! Just be safe and make the right choices!
• Well, I have to be strong, and remember what I am here for. Study always comes first; I tell them that I have work to do and might hangout with them another time. If it doesn’t
goes down well with them that’s their problem. My duty is to get important things done, and that is my studies!

- Say no when needed or yes otherwise.
- Prioritize yourself (make school as your first priority) - Be able to manage your time wisely
- Think about the consequences.
- Just imagine that if you give in to peer pressure, you’re questioning your future. Because it is college, there are going to be things or people that will try to drag you down, but you just have to remember that your here for a reason. I stay away from peer pressure just by simply ignoring anything that doesn't provide a positive influence on where I'm in life.
- Learn how to balance school and life outside of school. Manage time wisely to make times for having fun.
- Since most of us will be far away from home, always ask yourself these questions "Why did I come to Hilo? What is my MAIN GOAL? “It works for me. I always remind myself that I’m here for school not to party! Don't let other people's plans/goals/agendas get in the way of you achieving your own.
- You can never go wrong if you choose the right crowd.
- Jnow when to say no. Understand your capabilities, how well you can juggle school and fun time before you go saying yes to anything.
- Meet people and have fun, but remember too much socializing is a recipe for bad grades.
- Sometimes it's a challenge; when dealing with too much stress and pressure, always take a break and do something fun just to take your mind off of it. TAKE A DEEP BREATH.

My study patterns or advise…

- 2-4 hours per day for every class you take from M-F. this is only if you know you're understanding the material. if you don't, use the tutors at SSSP, the Math Lab, PISC, or anywhere you can find tutors. if you're not one to see tutors, spend 6 hours of study of reviewing notes.
- Make cheat sheets as soon as possible. they WILL help you in the long run. - make friends in EVERY class you take and suggest study groups. they will be your saving grace if you don't take your own notes. but don't be stingy, you're going to have to share notes as well.
- Make sure you have enough sleep
- Choose the perfect time for you to focus and study. Some focus better late at night, some prefer in the afternoon... it all depends on each person's preference. But also find that place with limited Distraction. Library, PIRC, or any place great for studying.
- Everyone is different. Some retain more if they study days in advance and for some if they study the night before. Use your study patterns that you are used to from high school or community college that helped you get As on your exams or quizzes. If you are still
not sure, research study tips that might help you, narrow the list down, and use the study tips that you have for your first few quizzes in the beginning of the semester. Once you tried all of them out, choose the ones that best fit you!

- As I have said earlier, always read the text book chapters in advance before classes. And pay attention in class. Also if you are stuck, do not hesitate to ask the professors. Sometimes it helps to go to YouTube and watch videos / tutorials posted online. It broadens you knowledge of the field.

- Procrastination is an issue. Let me make a correlation. "Let's say you want to fill a small water bottle with a bigger water jug. And at just one time, you tilt up the water jug quickly to fill the small bottle. You can see that a lot would be wasted while you might have a little in the bottle. However, if you tilt the jug slowly to make sure you have all the water going into the smaller bottle, you will see that, slowly but surely, the bottle will be filled and less water would be wasted. ----- Same for studying. Trying to absorb a lot of material at the same time would only give you little knowledge. However, if you daily go through your materials, when Test days comes, you will already have most information in your head. "

- Work really hard in the beginning to the end of the class so that IF you score badly on the cumulative final exam, it won't hurt your grade as badly. - Turn in all assignments! Receiving a low score on a quiz or a test is better than receiving a ZERO. -Review your notes, key terms, and the lecture for about 1-2 hours the night of the lecture. Repetition is a big factor to studying habits.

- If I'm studying for a final or midterm, I study days before the big test. By doing that, I have a better understanding of everything and I don't have everything scrambled in my head. Studying for anything in general, I write things out. I'm the kind of person who has to write, think, and see the things I have to know.

- Start home works early in case you will need help. Find a place you can go to study routinely.

- Advise: Start studying early. Read up your materials before heading to class.

- Study patterns: When I have exams I dedicate one week to weekend to studying. Whenever I’m over stressed I watch a comedy show, cartoon, or exercise to help boost my energy up. Also always remember that you need FOOD to get your brain working. Your brain needs its energy.

- Treat yourself after an exam and if you did well on the exams treat yourself again

- Carry a planner!!! If you're not much of a writer, save it as a reminder on your itouch or smart phone!

- Befriend at least one person in each of your classes that you can work with, get notes from if you missed class, or just talk with to understand what's going on in your class’

- Find the right place to study. Make use of the daylight hours. Don't wait until it's dark to start.
• Never spend many hours or a whole day studying for only one course. Divide the time needed on each class equally; all classes are your first priority, however, start with the one class that has more assignments and task to finish.

What do I do to stay on my academic success…

• Rid myself of distractions. - be with people who enjoy studying
• Remind yourself that education is the main reason you are here
• Think of the outcome
• I am a dreamer. I want to become so many things one day. Therefore I usually use these "dreams" or goals to motivate me to keep going and stay focused.
• I stay focused on my family and how my success will not only benefit be but my family as well. Also, with the competitive job market today, I aim to do extremely well academically and professionally to be at the top of the list of the other thousand students who are looking for jobs.
• I read books and watch videos that directly concerns my field of study. And get all homework and assignment done on a timely fashion.
• Keep my head in the game * know when to have fun and when to focus (everybody needs some days off school and relax) * always think about consequences of my actions (i.e. if I go to the park today, would I still have to energy to study or do assignments later?)
• Study! Study!
• I think about the consequences if I stray away from my studies
• I focus on the "big day." Having the goal to graduate makes me want to keep going, especially if I want have a better future for myself and my future family. Staying focused means following up on my academic progress, visiting my advisor every so often to discuss any concerns, and remembering that I am someone of a race that people underestimate makes me want to prove them wrong.
• There's nothing better than having homework done and making free time to have fun.
• I pray and every day I tell myself "you're not here on vacation, YOU ARE HERE TO GET THAT DEGREE"
• I just think about all those miles I flew, people I left that depend on me and all the money put into me achieving my goals! that's the only motivation to keep me focused!
• Look at the future and stay motivated!
• As mentioned in #13, I just follow my course schedule. It really helps keeping track of what I need to do.

Managing/ Balancing my time in college…

• They give out free calendars on campus, use them.
• Knowing what needs to be done and what is not
• My Planner became my best friend and my most reliable partner. I organize my time, schedule and I try my best to go according to what I wrote so it can be easier for me.

• My area of expertise! I had to learn this the HARD way! I thought I had to have it all... This my advice to you. Your first priority is school. You came here to get educated. If you have an exam coming up, learn to put everything aside and study. After school comes your work and internships. There is a reason why you are working right? Money for bills, money for food, work experience, networking and so on. Schedule your work hours so that it fits your class schedule, homework time and of course some time to relax and have fun! Third are your extracurricular activities and finally your social life. No, I don't mean don't have fun, its college! Just remember, if you had a choice between a party and to study for an exam, study for the exam. If you completed all your midterms and projects, go out, do something, celebrate! You will have so many chances to have fun, to have parties, to drive around the big island, but you will have only one chance to pass that exam, to pass that quiz, to complete a project on time, to not have to spend an extra $1000 to repeat a class and so much more! What will you do?

• I try to get things done in advance, however sometimes I do run late especially, when taking 5-6 classes. If need be, I do stay up till late and spend a lot of time in the library, also I do make time to hang out with my friends and travel and just have fun. It’s just how you manage your time in general. Time is all about prioritizing my activities and getting it done.

• Writing down things to do and check mark once it's done.

• A monthly planner book is the best tool that good help balance or manage your time in college. It helps you remember things that you need to do (ex. assignments) and that needs to be submitted.

• Balance your class work. If you have 3-4 classes every Monday, Wednesday, and Friday, don't wait until the night before to try to get all assignments done. Doing that creates more stress by not having much time before the next day to get it all done.

• Do not wait long to start homework, the sooner the better. Use a planner to write down important dates

• A planner is always helpful. Lava Landing and student services offices have free planners so don’t miss out. I bought a white board to write down things I need to do in a week.

• The advantage of having a planner!

• It is always hard, but if you meet with academic advisor or have friends in your classes, it will get easier to set up study times and fun times.

• Use a calendar -Write down everything in one place (having multiple calendars is a hassle). Have everything scheduled (schedule time to study, do the laundry, start on research papers etc.). **Plan ahead and allow for some flexibility (plan for the unexpected).
First thing first, I always review my courses syllabus and then start creating my own time schedule/course task...such as calendar, reminder/task notepad and etc...that way it's easier for me to know what I need to do or complete in each course.

My most important and crucial advice to a new Pacific Islander college student is...

- Finish!
- Remember where you came from
- Always remember the reason why you enrolled in school in the first place.
- College offers so many opportunities.. but it is up to you play smart and decide which opportunity will lead you to SUCCESS. Good Luck, smile and have fun with your challenges. ;)
- Be a well-rounded student and manage your funds well! Do not take out loans if you do not need it!! You do not have to accept every single loan that is being offered to you.
- Is to prioritize your time and be strong enough to stand against peer pressure. And if you are left alone, well it sucks sometimes but that's the best remedy to keep you busy with books and studies.
- Don't get discourage of you nationality. Know who you are and what you are made up. Know that you have come a long way to get something good out of it. Make your college journey worth it. Keep striving and never back down. STAY MOTIVATED AND KNOW THAT GOD WILL NEVER LEAVE YOU NOR FORSAKE YOU.
- Be active, Be Positive, and Never Give up on your dreams. Challenge yourself with your fears and aim high to your dreams.
- Create study groups with people who are majoring in the same field. If you all stay focused, it will show a great outcome in your final grade.
- Stay on point. Even though you're in college, you can still have fun, but remember to always get things done as best as you can. Overall, don't stress so much about anything. If your focused and on point with your studies, there should be no problem.
- Use college resources to get academic help. (teachers, tutors, other students, etc.)
- Study, Study ,Study, Study" and always remember that you are here to get an EDUCATION . You can achieve anything if you put your mind to it.
- Stay the course and keep focus! You may get tired, discourage and frustrated but don't give up on your future! Don't forget why you're here!!!
- I know it's hard to speak up in a new place or make friends. But my advice is: get to know the people around you, first learn the culture of Hawaii and you will see that we are not that different, and if they can do it, so can we!!
- **Don't do anything stupid (dangerous or illegal). Getting suspended or expelled from school is not cool. Nor getting kicked out of a program. Or having your scholarship taken away. Think about the consequences before you act and decide if it’s really worth it.
• Be confident, organize, and use the time wisely (time management). And don't forget, always be on TIME and NEVER miss your classes.

About the Contributors

• Vivelyn Lemae | Pre-Nursing | vlemae@hawaii.edu | Senior | Xavier High School | Marshall Islands
• Jackie Yuw | Psychology | jyuw@hawaii.edu | Waiakea High School | Yap
• Arlinda Meagan Yamaguchi | Accounting | mmario@hawaii.edu | Pohnpeian Academy | Pohnpei, FSM
• Mylee Mario | Accounting | mmario@hawaii.edu | Junior | Our Lady of Mercy Pohnpei Catholic High School | Chuuk
• Eve Morei | Economics | evmorei@hawaii.edu | Palau
• Anonymous | Economics | Senior Calvary Christian Academy | Pohnpei
• Anonymous | Biology concentration in Evolution, Ecology and Conservation | Senior | Pohnpei
• Ronaivit Leiato | American Samoa
• Anonymous | Psychology | Senior Xavier High School | Pohnpei
• Ida David | Biology: cell and Molecular Track | idavid22@hawaii.edu | Graduate | Pohnpei Island Central School | Pohnpei, FSM
• Stacy Joel | Linguistics | Marshall Islands
• Mark Bigler | Marine Science | Junior | Gresham High School | Marshall Islands
• Elecia Faaiuaso | eleciaf@hawaii.edu | Junior | American Samoa
• Anonymous | Marine Science | Junior | Pohnpei
• Losalia Malaea Gardenia Seumanu | Business Administration | American Samoa
• Peleilupu Thomas | Accounting and Business | Yat Sen Secondary School | American Samoa
• Jesse Robert | Mathematics | jesse20@hawaii.edu | Kosrae High School | Kosrae
• Nellie Kati | Political Science | Fatima Secondary School | Papua New Guinea
• Wendy Mejeae | Sociology Pre- Nursing | greenturtle_14@hotmail.com | Graduate | Mountlake Terrace High School | Fiji/ Papa New Guinea
• Grace Ualesi
• Julia Pereira | Business Administration | Graduate | Fa’asao Marist High School | American Samoa
What’s Your Story?

Storytelling is a practice throughout our history in the Pacific. Cultural practices, myths, legends, lineages, skills are communicated through stories. This section challenges you to take responsibility of writing your own story at UH Hilo.

Changing the Story

The story of Pacific Islanders at UH Hilo and in the State of Hawaii has been both negative and positive. While there are more success stories at UH Hilo and in the community, it is often the negative stories that impact our community the most. Each of our students at UH Hilo has the potential of becoming a part of the data on success or failure. What data will you be? What are you doing to change your direction? What is the plot for your story?

Listening to the Story

Before we can change the story, we need to hear, truly hear the stories of success and failures from those who have gone before you and those who are currently writing their own stories at UH Hilo. You need to know why the PISC was created? Who is part of your story? Who will be part of your story…to contribute to your success or failure?

Understanding the Story

Once we listen to the stories, you need to make sure you understand how your own story fits into the larger stories of your friends, family, island community, culture, etc. What are the root causes of stories that end prematurely at UH Hilo? What did students do or not do to positively or negatively impact their story? How did the successful students do it? What contributed to students to drop out of UH Hilo?

Weaving the Story

We need to move beyond understanding to working together to help each other with our respective stories. How are we weaving our stories together? What will you do to continue to be part of the larger stories of success at the Pacific Islander Student Center?

Sustaining the Story

As the school year begins, you will need to make daily decisions that will sustain your story of success. What are the tools that will help you in your journey?
Preparing for Success

My UH & Star

New incoming students must set up a MyUH account. Acquiring an account is necessary, for it provides students direct access to the student information system and other web services such as MyUH Portal, UH webmail, STAR online degree check, and Laulima. In addition, the benefits of having a My UH account is that students may register online via MyUH Portal and important announcement that come through emails will be emailed directly to students’ Hawaii.edu account. The STAR online degree check enables students to keep track of their graduation progress. Laulima is the UH system’s online management tool that enables instructors to post syllabus, lecture notes, links, and updated course materials which students may access any time via MyUH Portal.

Placement Assessments

English Language Placement Test
Students who are non-native speakers of English entering UH Hilo for the first time must take both parts of this on-site assessment (it is not available online). Students must bring in a photo I.D. In addition, students may be eligible for a waiver if they meet certain requirements; a detailed description of waiver eligibility and the sign-up form can be found on the English Language Placement Test web page: http://hilo.hawaii.edu/academics/eli/english_proficiency.php.

Students should take the placement tests on Wednesday, August 21, 2013 at 1:00pm.

Writing Placement Assessment
All non-native speakers of English must take the Writing Placement Assessment. This assessment is not available online; therefore you must take it on its scheduled time.

Students should take the placement tests on Wednesday, August 21, 2013 at 9:00am. Sign up online at the following website link: http://hilo.hawaii.edu/academics/wpe/reg_form.php

Math Placement Assessment
Students should take the Math Placement Assessment if they are majoring in, or possible majoring in, Agriculture, Business, Psychology, or any science and do not have transferable prerequisite math credits from another college or university; math placement scores from UH community college will be honored. The online math placement exam is available at: http://hilo.hawaii.edu/kilohana/mathpe.php

Chemistry Placement Assessment
Students should take the Chemistry Placement Assessment if they are majoring in, or possibly majoring in, Agriculture or any science, as they will not be able to register for CHEM 114 or 124
if they have not taken the assessment. Students who have already taken the assessment can view their placement score at any time by logging back into the assessment site on Laulima.

**Advising**

If you are new to UH Hilo you will NOT be assigned a faculty advisor until 3-4 weeks into your first semester. Once you’re assigned an advisor you’ll be able to locate their contact information through My UH or Star. Go to your faculty advisor's office and check their weekly schedule placard, which they post on the door of the office. They should indicate their office hours on the placard, which is when they are available for walk-in. If your schedule conflicts with their office hours, be sure to contact them to see if you can schedule an appointment. Undeclared students are assigned to professional advisors in the Advising Center.

**Faculty Expectations**

Students come to UH Hilo with a few expectations about college life in general and a few questions of how to be successful. The main key to being successful throughout college is realizing what exactly it is that professors look for. Here’s what professors expect from students:

- Be responsible adults
- Read the syllabus
- Go to class regularly and on time
- Read the assigned materials before class
- Ask questions and participate in class discussions
- Take notes during lecture
- Turn in assignments on time
- Make appointment to see their professors if they have questions

**Learning Styles**

It’s important to know your preferred manner of acquiring, using, and thinking about knowledge. Academic success isn’t dependent only on how well we learn, but HOW we learn. While there are a variety of ways that we acquire knowledge, we often have our most preferred ways from the following:

- **Read / Write:** Prefer information in a written format & learn better if you can read about a concept rather than list to a teacher explain it.
- **Visual / Graphic:** Prefer visual diagrams / pictures / videos / maps / models and will visualize a task or concept.
- **Auditory / Verbal:** Prefer listening to explanations rather than reading. Auditory learners love class lectures and discussions.
- **Tactile / Kinesthetic:** Prefer doing / touching / manipulating objects. They may enjoy writing or the computer.

**Time Management**

Managing your time well in college is a skill that you need to learn early and quickly and practice it daily. Your typical college day will be made up of classes to attend, large volume of assigned readings to complete, deadlines to meet, social activities to attend, papers to write, study groups to join,
tutoring services to take advantage of, appointments to keep, library research to do, shopping trips, etc. You will need a calendar / organizer to keep track of all your activities. Writing down your activities help you prioritize them.

**Student Code of Conduct**

The University of Hawai‘i at Hilo has a Student Conduct Code that specifies behavior that is subject to University disciplinary action and describes the disciplinary procedures and sanctions that may be imposed if a student is found responsible for violating the Code. Choosing to join the University community obligates each student to abide by the code of conduct. By enrolling in the University, students accept the responsibility to become fully acquainted with the University’s regulations and to comply with the University’s authority. The University expects students to maintain standards of personal integrity that are in harmony with the educational goals of the institution; to respect the rights, privileges, and property of others; and to observe national, state, and local laws and University regulations. *The full text of the Student Conduct Code is available online at hilo.hawaii.edu/studentaffairs/conduct/.*

The following is a small portion of the code of conduct and describes types of behavior that conflict with the community standards that the University values and expects of students. Engaging in, or attempting to engage in, any of these behaviors subjects a student to the disciplinary process and consequent sanctions.

Acts of dishonesty, including but not limited to the following:

• Cheating, plagiarism, or other forms of academic dishonesty. The term "cheating" includes but is not limited to:

  (1) use of any unauthorized assistance in taking quizzes, tests, or examinations;

  (2) use of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments;

  (3) the acquisition, without permission, of tests or other academic material belonging to a member of the UH faculty, staff or student; and

  (4) engaging in any behavior specifically prohibited by a faculty member in the course syllabus or class discussion. The term "plagiarism" includes but is not limited to the use, by paraphrase or direct quotation, of the published or unpublished work of another person without full and clear acknowledgment. It also includes the unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials.

• Furnishing false information to any UH official, faculty member, or office.

• Forgery, alteration, or misuse of any UH document, record, or form of identification.
Health & Wellness

Safety

The Campus Security provides protection and security for the campus community 24 hours a day. The Campus Security patrol is responsible for enforcing federal, state, and county laws, and University rules and regulations. Upon request, officers will provide an escort service from dusk to dawn for students and staff. The University has dispersed throughout the campus (yellow) emergency call boxes and blue light telephones for student and faculty use in the event of an emergency and/or the need for assistance.

Exercise these simple, common sense precautions:

- Familiarize yourself with the Emergency Call Boxes located around campus
- Travel/Park in lighted areas. Travel in pairs if possible and be aware of your surroundings. Use the escort service for assistance from dusk to dawn.
- Be careful when using elevators; get off if a suspicious person gets on.
- Be sure to lock or secure windows and doors in your room or office. Lock valuables in desk drawers, file cabinets, lockers, or the trunk of your car.
- Never loan keys to anyone (they may be easily lost, stolen, or duplicated)
- Mark or your belongings; don’t leave valuable belongings unattended
- Let someone know that you are working odd hours or will be in the building after normal business hours.

Auxiliary Services Building #300, Room 102
(808) 974-7369
Web: hilo.hawaii.edu/auxsvc/security/

Homesickness

Like most international students, Pacific Islanders must adapt to a new economic, political, and social environment. Naturally, most students from the Pacific Islands would bring many aspects of their own culture, which might create difficulties in adjustment to the new lifestyle. Since the University is based on an American college system, the following suggestions may help you cope easily with homesickness:

- Maintain your perspective- Remember that many Pacific Islanders have graduated from UHH. If they can do it, then you certainly can get through college.
- Keep an open mind- it is crucial to plan your college journey, especially the choice of what field of study you prefer.
- Do not withdraw - You will be faced with a variety of challenges. Whether in academics or extra-curricular activities, you will face a variety of challenges. Maintain focus and do not withdraw from your surroundings.
- Seek Help - The University provides tutoring, counseling services, and other learning resources which can help you adjust to the learning environment and has contributed greatly to Pacific Islander student UH Hilo graduates.

Ways to Contact Home

There are many different ways of contacting back home. With technology at our disposal, one can instantly get in touch with family and friends back in the islands. Here are some ways you can contact home:

- Skype - set up a Skype account by going to www.skype.com. You can make Internet calls for free when calling another computer. You can also call landline or cell phones for a fee, but will need a credit card to put money on account.

- Cell Phones: You can purchase a cell phone and different plans at various stores throughout Hilo.

- Calling Cards - Purchase a calling card that can be used with any phone. Long distance calling cards can be found in most convenient stores in Hilo.

- Email - Emailing is another method of communicating. Computers are available to students around campus and at the PISC. You may use your UH ID & Password to log in to them. Use your Hawaii.edu email to contact home.

- Mail - you may choose to send paper mail. The mailroom is located at the Auxiliary Building 300. Stamps cost about 45 cents. Priority mail may cost up to $5 and over.

Healthy Decision Making: Alcohol & Sexual Health

Alcohol & Drug Policy

Drugs: Use, possession, manufacture, or distribution of marijuana, heroin, narcotics, or other controlled substances except as expressly permitted by law. Note: State law does not permit the use of medical marijuana on school grounds.

Alcohol: Use, possession, manufacture, or distribution of alcoholic beverages by any person under twenty-one (21) years of age & public intoxication is expressly prohibited.

Furthermore, the University of Hawaii encourages faculty, staff and students to seek assistance in overcoming drug or alcohol abuse. Early recognition and treatment are important for successful rehabilitation.

Sexual Health

The Student Medical Services located in Campus Center room 214 provides STD testing (for male and female), pregnancy testing, Hepatitis B Immunization, Morning- After pill (emergency contraceptive), various birth control methods, including free condoms.
Students should consider screenings and vaccines before getting physically intimate with a partner. College is a place where many students choose to explore their sexuality. Students can do this safely by following these tips.

The UH Hilo Student Health Service offers various immunizations and the HPV vaccination. Female students can take advantage of these to reduce their chance of contracting the HPV virus, the leading cause of almost all cervical cancers.

Many students in college have questions about their sexuality and some even feel confused. It helps to find someone you can trust to talk to in order to help you find some direction and figure out who you really are.

Don't do anything you're not comfortable with. While you may feel pressure from a partner or even those around you to engage in certain sexual activities, never do anything you aren't completely comfortable with. It's your body and you are in charge, don't let anyone else tell you otherwise.

**Handling Transition & Stress**

**Transition:**

The University of Hawaii at Hilo offers several programs and services to help support a smooth transition into the institution.

Tips on transition from high school to college:

- **Take an active role in your education.** Although your academic life was controlled by your teacher in high school; however, in college you have the control.
- **At the beginning of the semester, review each course syllabus and enter due dates for test, papers, and assignments in your calendar.** Review each syllabus and prioritize the tasks that need to be done that week.
- **Attend your classes.** This seems obvious, but many students who run into problems do so because they don’t go to class. They mistakenly think that all they need to do is read the textbook, or look at the PowerPoint slide posted online. By not attending class, they are missing clues to what the professor thinks is important. Moreover, studies show that there is a strong correlation between the grades one receives in a class and their attendance.
- **Sit as close to the front of the room in each class.** You will be more focused and will have a better chance of the professor knowing who you are. There are also studies that show that the closer to the front of the room you sit, the higher your grades!
- **Get to know your professors.** All professors hold office hours each week. First year students are often afraid to visit professors, or think that they should go to office hours only when they have a problem. This is an important time to go, but you can also go just
to meet the professor, learn about his/her field, and start to develop relationships that can pay off later when you need help with a recommendation, scholarship, or job.

- **Get to know other students in your classes.** You can work together in a study group to discuss material presented in class and prepare for exams.

- **Manage your time wisely.** Commit to spending at least two hours studying for every hour you are in class. We define studying as anything that you do for that class, including reading the text, doing research and writing papers, doing homework, reviewing your notes, and studying for exams. For a three-credit class, you should be spending about 6-8 hours per week for all your academic task in that class. For a full time load (12-15), plan to spend about 24-30 hours studying per week

- **Take advantage of the services on campus** that are here to support your academic success. Don’t be afraid to seek help.

- **Get involved in campus life.** College is about becoming a well-rounded, civically engaged individual and developing a network of friends. Join a club, go to a cultural event; attend a party or concert; go to a sporting event; and attend lectures.

Adapted from:  

**Stress:**
Dealing with stress is normal for every college student. There are many ways to cope and or relieve stress through eating regular meals and a nutritionally balanced diet, do some vigorous exercise most days of the week, get enough sleep, avoid alcohol, smoking and drugs, try meditation, yoga, journaling or therapy. Students may visit UH Hilo Counseling Services, which provide a safe setting where students can improve mental health and wellness, and define and achieve academic and personal goals. Individual, Couples, and Group services are available. In addition to this, services are free, private, and confidential. Further, the Counseling Services may provide referral to seek extended help from a doctor or therapist if needed.

**Tips on dealing with typical college stress:**

- **Put limits on work hours.** You can’t work all the time, fun and relaxation have to be part of your routine as well. Limit the times when you work to give yourself time to sleep and rest up so you won’t sick.

- **Give yourself a break.** If you’ve been working steadily for hours, give your eyes and mind a chance for a rest by taking a break you can come back feeling more refreshed and ready to go.

- **Be realistic.** Sometimes there’s just no way are you going to get done everything you’d like to in one day. Be realistic about your goals and understand that you can only do so much.

- **Understand you can’t do everything.** While you might want to go to class, work, play a sport, and participate in clubs and social activities, the reality is that sooner or later you’re going to get run down by trying to do so much. Focus on doing the things you truly love and forget the rest.
- **Get Help.** If you’re feeling overwhelmed, reach out and ask for help from professors and friends. They may be able to give you more time or help you to complete projects and studying more quickly.

- **Give yourself plenty of time.** It’s easy to put off starting on a big project or studying for a test until the last minute. You’ll be much less stressed out, however, and will likely do better if you give yourself more time to work on it.

- **Learn time management skills.** Time management skills will make everything from getting assignments done to managing work a lot easier. Read a book or check out advice on the internet, to help you better manage the hours of your day.

Adapted from: *The State University of New Jersey. Rutgers Division of Student Affairs Camden. AAAHC. Web. 5 July. 2013.*
Managing Your Resources

Financial Aid & Scholarships
To be considered for financial aid you must complete the Free Application for Federal Student Aid (FAFSA). The priority filling date is March 1.

The purpose of the Scholarship Program at UH Hilo is to recognize and reward students who have demonstrated outstanding academic performance and to encourage those students who show academic potential and a willingness to participate in community activities. The application deadline for most funds is March 1. The Scholarship Opportunities publication and application form is available at the Financial Aid Office website at hilo.hawaii.edu/financialaid/.

UH Hilo has established a Pacific Islander Scholarship. Students do not need to submit an application form; eligible students will be automatically considered for this scholarship. Find out more at http://hilo.hawaii.edu/financialaid/programs.php#institutional.

We also encourage you to apply for the scholarships from your respective Island Nations. The international Student Services & Intercultural Education office can assist you with the process. Go to this link for more information:
http://hilo.hawaii.edu/studentaffairs/international/scholarships.php
Budget & Money Management

### Pacific Islander College Student Monthly Budget

#### What's coming in this month

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estimated monthly net income</td>
<td>$450.00</td>
</tr>
<tr>
<td>Financial aid award($2500 semester)</td>
<td>$500.00</td>
</tr>
<tr>
<td>Allowance from mom &amp; dad</td>
<td>$0.00</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$950.00</strong></td>
</tr>
</tbody>
</table>

#### How am I doing?

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly income</td>
<td>$950.00</td>
</tr>
<tr>
<td>Monthly expenses</td>
<td>$905.00</td>
</tr>
<tr>
<td><strong>Difference</strong></td>
<td><strong>$45.00</strong></td>
</tr>
</tbody>
</table>

#### What's going out this month

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rent</td>
<td>$300.00</td>
</tr>
<tr>
<td>Utilities (water, internet, electricity)</td>
<td>$60.00</td>
</tr>
<tr>
<td>Cell phone</td>
<td>$80.00</td>
</tr>
<tr>
<td>Groceries</td>
<td>$100.00</td>
</tr>
<tr>
<td>Transportation</td>
<td>$30</td>
</tr>
<tr>
<td>Eating Out</td>
<td>$75.00</td>
</tr>
<tr>
<td>Laundry</td>
<td>$50.00</td>
</tr>
<tr>
<td>Personal Needs</td>
<td>$50.00</td>
</tr>
<tr>
<td>Clothing</td>
<td>$50.00</td>
</tr>
<tr>
<td>Medical expenses</td>
<td>$10.00</td>
</tr>
<tr>
<td>Entertainment</td>
<td>$50.00</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>$50.00</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$905.00</strong></td>
</tr>
</tbody>
</table>

#### Semester costs

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition</td>
<td>$4644.00</td>
</tr>
<tr>
<td>Lab fees</td>
<td>$80.00</td>
</tr>
<tr>
<td>University Fees</td>
<td>$152.00</td>
</tr>
<tr>
<td>Books</td>
<td>$500.00</td>
</tr>
<tr>
<td>Supplies (i-clickers &amp; calculators)</td>
<td>$125.00</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$5,501.00</strong></td>
</tr>
</tbody>
</table>

Pell Grant per semester: $2822
PI Scholarship: $1548
Island Nation Scholarships: $1000
Total: $5370

**Social Security card**
To get your US Social Security Number you will need to have your passport with you. You will not be able to work, open a bank account, or get your state ID until you get your social security number. The office is located at the Prince Kuhio Plaza shopping center:

111 E Puainako St. Suite 710
Banking
Banking with local Hilo bank branches such as Bank of Hawaii, First Hawaiian Bank, and Big Island Federal Credit Union is recommended if students plan to work on campus while attending school for accessible direct deposits, self-deposits, and withdrawals. However, if students choose to stick to their bank account from home they must check with their bank to see if they will have access to ATM machines in Hilo.

If you are banking with the Bank of Guam and currently using a Pacific Express VISA debit card you may use debit card anywhere VISA cards are accepted, but you are subject to ATM fees including a $2.00 network fee.

First Hawaiian Bank
Visit their website:
In order to open an account you must provide the following:

Bank of Hawaii
Visit their website:
In order to open an account you must provide the following: social security, birth certificate, passport, and or a valid identification card. Contact Helen Kado (808) 694-1605 to set up an appointment prior to going to the bank.

Big Island Federal Credit Union
Visit their website: www.bigislandfcu.com for more information.

American Savings Bank
Visit the website: https://www.asbhawaii.com/personal-services for more information.
In order to open an account you must provide the following: a valid ID (State ID, Driver’s License, or a passport).
No minimum opening deposit.

Resume Writing
In order to obtain a job both on and off a campus you will need to create a resume that highlights your past employment, leadership, and volunteer experiences. Your resume can prove that you are qualified for the position. Applied Learning Experience (ALEX) and the Career Development Services offer resume writing workshops for students that help them to develop their resume. For more information about their program and workshops schedules, visit their websites. ALEX: (http://hilo.hawaii.edu/alex/), Career Development Services: (http://career.uhh.hawaii.edu/)

Job Search Process
Where and who do I meet to help me find a job?
The Pacific Islander Student Center helps coordinate employment opportunities through the Asian American and Native American Pacific Islander-Serving Institutions (AANAPISI) Grant. Student can work in different locations across campus or create internships. Go to http://hilo.hawaii.edu/pisc/services/jobs.php for more information or contact the Pacific Islander Student Center.

Career Development Services can help you find a job and critique your resume and cover letter. The university uses an online student employment system called SECE (Student Employment & Cooperative Education). The student employment services include the administration of on-campus employment for currently enrolled UH students. On-campus and community service jobs help students gain valuable work experience and finance their education. Some positions are openly only to students with federal work-study grants, but many are open to all students meeting the eligibility criteria. Go to http://career.uhh.hawaii.edu/sep_search.php for hiring procedures.
Getting Involved

Campus Events

Athletics Department (UH Hilo Vulcan Games):
There are a wide variety of sports to watch during the course of a semester here at UH Hilo. UH Hilo supports thirteen varsity sports including the following:

- For female student athletes: Basketball, Cross Country, Golf, Soccer, Softball, Tennis, Volleyball
- For male student athletes: Basketball, Baseball, Cross Country, Golf, Soccer, Tennis

By going to games you are not only supporting our UH Hilo teams and athletes, you are also building school pride and spirit. For a list of the UH Hilo games visit the UH Hilo Athletics website at http://hiloathletics.com/

Vulcans Athletics
(808) 974-7711

Outdoor Adventures (Student Life Center):

The Outdoor Adventure program provides 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. They also can develop skills and learn safety and proper technique for a variety of activities through classes and workshops (e.g. kayaking, SCUBA, mountain biking, ocean canoeing, etc.).

Past fieldtrips and events done by Outdoor Adventures have included: Submarine Trip, Volcano Trip, Paddle Boarding, Green Sand Hike/Swim, Kua Bay Beach Day, Sight Seeing and Rainbow and Akaka Falls, Ranch Day, Panewa Zoo Trip, Hapuna Beach Day

Students may sign-up for these trips beginning each Monday prior to the activity at the Outdoor Adventure Office in the Student Life Center.

Student Life Center
(808) 933-7631

Intramural Sports:

Intramural Sports are competitive and recreational activities designed to encourage participation by students in a wide variety of sports that are played on campus. IM sports are structured for a variety of different skill levels, are inclusive in nature, and are conducted in a safe, supervised environment. To sign up for intramural sports you can visit their website at ttp://hilo.hawaii.edu/rec/IntramuralSportsIndex.php.

Student Life Center
(808) 933-7631

International Night:

International Night is an annual event organized and hosted by the International Student Association. International Night showcases the various cultures at UH Hilo. Many cultures from all over the world will
come together to present an array of performances on stage. Some of the countries or cultures represented in past years include Hawai`i, Ireland, Philippines, Kosrae, South Korea, India, Yap, Native America, Pohnpei, Peru, Japan, Samoa, Palau, USA, Marshall Islands, and more. International night usually takes place during the first or second week of February (During the Spring Semester).

International Student Services
(808) 974-7313

There are many ways you can get involved with campus organizations and activities. The University of Hawai`i at Hilo provides a friendly environment where students can interact and participate in clubs and activities.

**UHHSA Student Government**

The University of Hawai`i at Hilo Student Association (UHHSA) is the governing student body that act as a liaison between the student body and the college administration through active collaboration with faculty, state legislatures and student organizations. They encourage participation in campus governance and the college community.

Campus Center Rm 211
Phone: (808) 974-7500
Fax: (808) 933-0445
Email President: Masado@hawaii.edu

**Student Clubs**

Students also may join RISOs or clubs which are active during the academic year. RISOs must be officially registered to utilize campus facilities, to sponsor UH Hilo-related activities, or to receive funding from the CSOs. The Campus Center also provides orientation and a variety of training workshops for RISOs throughout the year. For a list of current clubs go to: hilo.hawaii.edu/campuscenter/riso/.
What’s in Hilo

Sports:
There are many different parks throughout Hilo where people meet to play sports such as volleyball, basketball, softball, tennis, and many other activities. Participation is Free! You can also join one of the intramural teams through the Student Life Center on campus.

Here is a list of some of the parks in Hilo close to the UH campus:
- Mohouli Park: 1030 Kumuloa St. Hilo, HI 96720
- Ainaloa Park: 250 Ainaola Dr. Hilo, HI 96720

Beach:
Explore the various local beaches and enjoy a fun day in the sun. There are nice swimming areas located at Hilo’s “4 miles” area. Participation is Free! Here is a list of some of the popular beaches in Hilo:
- Richardson: Kalanianaole Avenue
- Carl Smith: Kalanianaole Avenue
- Onekahakaha Beach: Onekahakaha Road

Bowling
Bowling is found at Hilo Lanes Bowling located at 777 Kinoole Street. It is a good way to have fun. During the day the cost to bowl is $4.75, and during the night it is $5.00. Renting out bowling shoes are $3.00. For more information you can call (808) 935-0646.

Movies
Prince Kuhio Plaza Theater: Prince Kuhio Plaza Theater has the latest movies, but for full cost. For more information call Prince Kuhio Plaza theater at (808) 961-3456, or visit their website at http://www.princekuhioplaza.com/movies
Cost: $9.50- $12.50

Kress Theater: For those who want to watch a movie and save some money, there is the Kress movie theater on Kamehameha Av. For more information call (808) 326-3264
Cost $1.50

Fun Facts- The Big Island
- Hawaii is the largest of the Hawaiian Islands earning its nick name “The Big Island”
- The Capital city of The Big Island is Hilo
- The Island color is red
- Two of the tallest mountains in the Pacific reside on the Big Island- Mauna Kea and Mauna Loa
- Mauna Kea is the tallest mountain in the world (measured from its based at the ocean floor)
- Big Island is home to the world’s largest telescope and home to more scientific observatories in one place than anywhere in the world
- Home to Kilauea Volcano, one of the world’s most active volcanoes. Lava has been flowing from Kilauea to the ocean daily since 1983
- The Big Island is the only place in the US where vanilla beans and cacao beans are grown. These two beans are main ingredients in chocolate

Adapted from:

Population
The population of Hilo is 43,263 (2010 estimate)

http://quickfacts.census.gov/qfd/states/15/1514650.html

Clothing
Dress casually. Bring a jacket for nights and rainforest, warmer clothes for higher elevations. Semi-casual dress clothes for restaurants and nightlife. Suits and ties are rarely worn.

Transportation
Available transportation to explore Hilo is as followed:

Taxi
The County of Hawaii offers a flexible shared ride taxi program. For as little as $2, obtain door-to-door transportation service within the urbanized area of Hilo. Travel is limited to nine miles. Taxi coupons can be purchased at the Lava Tube Game room (808- 974 7499) in Campus Center.
List of Taxi Companies that accept coupons:
- Ace One ---(808) 935 8303
- Ali`i Taxi--- (808) 989 6993
- Bay City Taxi--- (808) 640 8815
- Hot Lava Taxi--- (808) 557 0879
- Marhysha’s Taxi--- (808) 938 3285
- Percy’s Taxi--- (808) 969 7060

Hele-On Bus
Hilo offers an island-wide public bus system called Hele-On Bus. These public transportation buses are painted white with green stripes. Bus service is free to students. When entering the bus, you must present your valid UH Hilo Student I.D. Card. If you do not have your school I.D., you will have to pay a dollar for a ride. The nearest bus stop is in front of the Old Gym, right next to the road. The bus schedule can be found online:
www.hilo.hawaii.edu/uhh/about/bussched.php#Keaukaha
Hele-On Bus Schedule for Routes Stopping at UH Hilo

There are 46 buses stopping at UHH each weekday.

- The last bus back to campus from Prince Kuhio Plaza is at 9:18 PM (M-F).
- The last bus back from Downtown is at 9:00 PM (M-F).
- The last bus back from Keaukaha is at 4:35 PM (M-F).

There are now 34 buses that stop at UH on Saturdays.

- The last bus back to campus from Prince Kuhio Plaza is at 7:05 PM (Sat).
- The last bus back from Downtown is at 7:30 PM (Sat).
- The last bus back from Keaukaha is at 3:35 PM (Sat).
Hele-On Bus Stop Locations

To Mall this side

To Bayfront this side
**Places to Shop**

There are a number of large and small stores in Hilo. Most of the larger stores are located at the Prince Kuhio Plaza shopping mall on 325 E. Makaala Street including Wal-Mart, Target, Ross, KTA, Office Max, Sears, Macy’s. The Hele-On Bus has a route to the shopping center.

**Churches**

Here is a list of local churches where the Pacific Islander communities attend. This list is not meant to be exhaustive as there may be churches that we may not be aware of.

<table>
<thead>
<tr>
<th>Chuukese Community</th>
<th>United Community Church</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saint Joseph Catholic Church (Catholics)</td>
<td>1110 Kinoole St. Hilo, HI 96720</td>
</tr>
<tr>
<td>43 Kapiolani St. Hilo, HI 96720</td>
<td>(808) 935-8416</td>
</tr>
<tr>
<td>(808) 935-1465</td>
<td></td>
</tr>
<tr>
<td>Sacred Heart Parish (Catholics)</td>
<td>Palauan Community</td>
</tr>
<tr>
<td>15-3006 Gov. Main Rd. (Aka Pahoa Rd.)</td>
<td>Victory Chapel</td>
</tr>
<tr>
<td>Pahoa, HI 96778</td>
<td>87 Banyan Dr., Leilani’s Room Hilo, HI</td>
</tr>
<tr>
<td></td>
<td>96720</td>
</tr>
<tr>
<td>(808) 965-8202</td>
<td></td>
</tr>
<tr>
<td>Church of Holy Cross (Protestants)</td>
<td>Community of Christ Church</td>
</tr>
<tr>
<td>440 W. Lanikaula St. Hilo, HI 96720</td>
<td>1842 Kinoole Street Hilo, HI 96720</td>
</tr>
<tr>
<td>(808) 935-1283</td>
<td>(808) 345-5892</td>
</tr>
<tr>
<td>Hilo Baptist Church (Protestants)</td>
<td>New Hope Hilo</td>
</tr>
<tr>
<td>600 W. Lanikaula St.</td>
<td>840 Kupulau Road Hilo, HI 96720</td>
</tr>
<tr>
<td>(808) 961-5511</td>
<td>(808) 959-7700</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Kosraean Community</td>
<td>Samoan Community</td>
</tr>
<tr>
<td>First United Protestant Church</td>
<td>Hilo Samoan Assembly of God</td>
</tr>
<tr>
<td>1350 Waianuenue Avenue, Hilo, HI 96720</td>
<td>133 Makaala Street Hilo, HI 96720</td>
</tr>
<tr>
<td>(808) 935-5914</td>
<td>(808) 933-2360</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Marshallese Community</td>
<td>Saint Joseph Catholic Church</td>
</tr>
<tr>
<td></td>
<td>43 Kapiolani St. Hilo, HI 96720</td>
</tr>
<tr>
<td></td>
<td>(808) 935-1465</td>
</tr>
</tbody>
</table>
Consulates

American Samoa Office- Hawaii
1427 Dillingham Boulevard Suite 210, Honolulu, HI 96817
Phone: (808) 847-1998
Fax: (808) 847-3420

Consulate General of Palau
1154 Fort Street Suite 300
Honolulu, Hawaii 96813
Phone: (808) 524-5414 ext 6
Email: palauconsulhl@aol.com

Federated States of Micronesia
3049 Ualena Street, Suite 412 (4th Floor)
Honolulu, Hawaii 96819
Phone: (808) 836-4775
Fax: (808) 836-6896
E-mail: fsmcghnl@aol.com

Republic of Kiribati
95 Nakolo Place,
Honolulu, HI 96819
Phone: (808) 834-6775

Republic of the Marshall Islands
1888 Lusitana Street, Suite 301
Honolulu, HI 96813
Phone: (808) 545-7767
Email: rmi.consulate@hawaiiantel.net
Frequently Asked Questions

Who is my Advisor?
Students with majors are assigned to a faculty advisor in the major department. Undeclared students are assigned to a professional advisor in the UH Hilo Advising Center. You can find your faculty advisor by:

- **Logging in to MyUH** and click on “Check your Registration Status”. Your faculty advisor’s name will appear under the “Earned Credits” section.
- **Logging in to STAR for Students** and click on the “From your Advisor” tab. Your faculty advisor’s name and email address will appear.
- **Using Advisor Search** to find your faculty advisor

How do I contact my faculty advisor?
Once you find the name of your faculty advisor, you can search for them through the online directory. The online directory will provide you with your faculty advisor’s email address, office location, and office phone number. Go to your faculty advisor’s office and check their weekly schedule placard, which they post on the door of the office. They should indicate their office hours on the placard, which is why they are available for walk-in. If your schedule conflicts with their office hours, be sure to contact them to see if you can schedule an appointment.

How do I change my major?
The act of changing your major is a simple one, but before you do, you’re welcome to visit the UH Hilo Advising Center to discuss why you’ve decided to change your major before taking the plunge. We want to ensure that you avoid jumping into another major if you’re not entirely sure about it.

To change your major, all you’ll need is to fill out the Declaration/Change of Major/Program form and submit it to the Office of the Registrar.

Do I need to take Placement Exams?
There are a variety of placement exams that UH- Hilo students may be required to take, depending on their chosen major, their previous academic history, and other factors.

Am I a freshmen, sophomore, junior, or senior?
Your standing is based upon the number of EARNED semester hours you’ve currently accumulated. This does not include semester hours you are currently taking.

- Freshmen – 0-24 semester hours completed
- Sophomores- 25-54 semester hours completed
- Juniors- 55-88 semester hours completed
- Seniors- 89 or more semester hours completed

How do I handle an emergency after normal business hours?
Call campus security at the following phone number: (808) 974-7911. The security shift supervisor has written procedures to follow depending on the situation.

**How big or small is UH Hilo?**
The University of Hawaii at Hilo is a state university with a private college atmosphere. We offer small class sizes, a low faculty-to-student ratio and opportunities for research and hands-on learning. As a public university with a 115 acres main campus, the University of Hawaii at Hilo has a unique position in the State and country. Find out more at [http://hilo.hawaii.edu/prospective/glance.php](http://hilo.hawaii.edu/prospective/glance.php).

**What is the average class size at UH Hilo?**
We offer small class sizes, a low faculty-to-student ratio and opportunities for research and hands-on learning. The average class size at the university is 22-23 students. For more information, go to [http://hilo.hawaii.edu/prospective/glance.php](http://hilo.hawaii.edu/prospective/glance.php).

**How much money will I need for books?**
Books at the University of Hawaii at Hilo can go up to $185. New and used textbooks are available for students to rent, however, students must have either a credit or debit card in order to rent textbooks. Go to [http://www.bookstore.hawaii.edu/hilo/SelectTermDept.aspx](http://www.bookstore.hawaii.edu/hilo/SelectTermDept.aspx) to find out more about the books you will need for the semester and their costs.

**How is the weather in Hilo?**
Hilo’s weather ranges from sunny days, occasional trade winds, and tropical rainfalls to rainbow filled days and stellar nights. Hilo's array of exotic flora is enriched by our generous annual rainfall.
Map of Hilo
This handbook is produced by the Pacific Islander Student Center at University of Hawaii at Hilo. Special thanks to Akuila Smau and Waerin Edwin for their assistance in researching and writing much of the content of this handbook.