FAMILY FIELD GUIDE

Your Go-To Guide For The First-Year Adventure

2020-2021
Welcome to the Lehigh University Family! It is our pleasure to welcome each of you to the Mountain Hawk community. Lehigh is committed to partnering with parents and families to assist in the success and education of our new students. The Office of the First-Year Experience provides resources and programs to assist you in the support of your student’s growth at Lehigh and also to provide support to our new students as they transition into college life. We recognize the important role you play in your student’s transition process, and therefore want to assist families with their transition as well. We are excited to have a healthy level of involvement from you and other family members as we seek to provide support for the students’ academic, professional, and personal development.

The Family Field Guide is intended to assist you and your student with the transition to Lehigh, placing special emphasis on the services available to your student. It will enable you to advise them as they navigate the complexities of the first year college experience. You will learn about student support services, from academic advising and career counseling to student involvement and battling homesickness. Everything in this guide is designed to enable your students to make the most of their time here and to reach their full potential. In addition, we will introduce you to the Bethlehem community with history of the area, places to stay, where to eat, and things to do while you are here in the Lehigh Valley. Our hope is that this guide will inspire you to become involved with Lehigh. Whether it is through Family Weekend or participating in the Parents Council, you will find that the more you learn about Lehigh, the greater this experience will be for your entire family.

We appreciate your involvement in your student’s experience and look forward to a great four years with your family at Lehigh. Please let us know if we can ever be of assistance as you and your student transition!

We look forward to engaging with you throughout the year!

Stefanie Burke
Assistant Dean of Students and Director of First-Year Experience

Nicole Burke
Associate Director for First-Year Experience
# TABLE OF CONTENTS

**GETTING TO KNOW YOUR UNIVERSITY**
- The History of Lehigh University .......................................................... 4
- The History of Bethlehem ................................................................... 5

**TRANSITIONING TO COLLEGE**
- Ten Tips for Families ........................................................................ 6-7
- Preparing to Launch: The First Few Weeks ........................................ 8-9
- bLUeprint ....................................................................................... 10

**CAMPUS LIFE**
- After the Launch: Encouraging Involvement and Battling Homesickness 11-12
- Student Life .................................................................................... 13-15
- Housing ......................................................................................... 16-17
- Dining ........................................................................................... 18-19
- Safety ............................................................................................ 20-21

**STUDENT WELLNESS AND SUPPORT**
- Counseling Services .......................................................................... 22-23
- Health Services ................................................................................ 24

**ACADEMIC SUPPORT**
- Academic Support ........................................................................... 25-26
- Sharing Information with Families ..................................................... 27
- Financial Aid ................................................................................... 28-29

**VISITING LEHIGH**
- Transportation Services .................................................................... 30-31
- Parking Services ................................................................................ 32
- Shipping & Mailing to Campus ............................................................. 33
- Programs for Families ....................................................................... 34-35
- Lehigh Lingo ..................................................................................... 36-37
- Important Contact Information ......................................................... 38-39
- A Family Guide to Bethlehem ............................................................ 40-42

**SPONSORS & LOCAL BUSINESSES** ................................................. 43-58
THE HISTORY OF LEHIGH UNIVERSITY

LEHIGH UNIVERSITY’S HISTORY is closely related to the rise of America as an industrial power. The vision of our founder Asa Packer, an industrial pioneer, entrepreneur and philanthropist, set the foundation for generations of students to learn and live among the nation’s brightest scholars. In 1865, Packer, president of Lehigh Valley Railroad, presented a $500,000 gift to build a university that would contribute to the “intellectual and moral improvement” of men in the Lehigh Valley. It was the largest donation of its kind to any educational institution in America at that time. The site that Packer chose for his university was a railroad junction across the Lehigh River from Bethlehem, Pennsylvania, a community founded in 1741 by Moravian missionaries. The site was selected in part because it was within walking distance for managers of the Lehigh Valley Railroad. Packer and his associates designed the school to chiefly focus on mathematics and science education, while also providing pupils with a sufficient knowledge of classics.

Now, 155 years later, Lehigh is still honoring this proud heritage as it looks ahead to the future. What began as a home for 39 eager young scholars is now a thriving university of more than 5,178 undergraduate and 1,775 graduate students.

Lehigh’s history is an ongoing process that continues with each generation of Lehigh students, leaders and faculty who take the past and leave their distinct mark for the future. From the first class of students who arrived on South Mountain to the Class of 2024, Lehigh has maintained its tradition of excellence while keeping in step with a dynamic world.
SINCE 1741, Bethlehem has beckoned travelers to experience the warmth and hospitality of this delightful community. In that year, a small group of Moravians settled on the banks of the Lehigh River near the Monocacy Creek. They represented what is now recognized as the oldest organized Protestant denomination in the world, the Unitas Fratrum, or Unity of the Brethren, founded in 1457.

On Christmas Eve of that first year, 1741, the Moravians’ patron, Count Nicholas Ludwig von Zinzendorf of Saxony, Germany, visited the new settlement. In their two-room log home that housed both man and beast, the Count christened the community “Bethlehem.” By 1845, the more than 1,000 inhabitants voted to incorporate the village into a free borough in the County of Northampton. With the advent of the Industrial Revolution, Bethlehem became a center of heavy industry and trade. Until 2003, Bethlehem was home to the world headquarters of Bethlehem Steel, which at the time was the second-largest steel producer in the United States.

In 1937, the Bethlehem Chamber of Commerce, mindful of Bethlehem’s first Christmas in 1741, asked - “Why not make Bethlehem, named at Christmas, the Christmas City for the entire country?” Thus, since 1937, Bethlehem, Pennsylvania has been known throughout the world as Christmas City USA. That same year, the “Star of Bethlehem” made its debut on the top of South Mountain. A fifty-three feet tall star made of Bethlehem steel - the “Star of Bethlehem” - honored the rich history and traditions of Bethlehem. Today, the star is lit from 4:30 p.m. until midnight every day of the year and can be seen from up to 20 miles away.

From its humble beginnings as a Moravian settlement to its modern status as the heart of the thriving Lehigh Valley, Bethlehem has carefully preserved its past. It is a city of 75,000 that shines as brightly as its huge electrical star atop South Mountain. The Moravian influence remains strong, but many more traditions from many lands have joined in making the city a “melting pot” of cultures, blending one into the other.

*History of Bethlehem provided by Information Services of the City of Bethlehem (www.bethlehem-pa.gov).
TRANSITIONING TO COLLEGE

TIP# ONE
Every student will adjust to this transition differently. Help them through the transition without pushing them too fast or pulling them too close.

TIP# TWO
Encourage involvement in campus activities and events. The more connected and engaged students are to campus, the better their college experience. Lehigh has so many opportunities that every student can find something they love.

TIP# THREE
Discuss your finances. Determine what the family will be paying for and what is your student’s responsibility. This is a great time for your student to learn financial responsibility while still having a safety net.

TIP# FOUR
Discuss academic expectations. Transitioning from high school to college-level work is challenging, so it’s important to set realistic expectations. Encourage your student to seek out resources that can help them with the transition.

TIP# FIVE
Start talking about social pressures like alcohol and sex. Help your student set expectations for their own behavior and ways to stay accountable to them.

TIP# SIX
Discuss expectations for breaks. Once students start making friends or missing high school friends, their ideas for break plans can start to differ from yours.

TIP# SEVEN
Set a communication plan for when you will talk. Utilizing e-mail, texting, and social media is a great idea!
TEN TIPS FOR FAMILIES

TIP # EIGHT
Be a good listener. Remember, students will often call to vent frustrations. Sometimes they just need someone to listen and not solve the problem.

TIP # NINE
Be sure to encourage your student to STAY on campus even if they live nearby. Friendships are often formed on the weekends, so it is important for your student to be around campus building connections.

TIP # TEN
Let your student start to do things for themselves. This is the time for them to begin transforming into adults and to learn how to navigate Lehigh, and the rest of their world, on their own.

ADVICE FROM STUDENTS

• “Be open and available to your kids.”

• “I really appreciated when my parents sent little knick-knacks from home.”

• “Educate your kids on the consequences of their decisions; do not make their decisions for them.”

• “Understand that we are now learning how to live lives of our own so try to be supportive and understanding throughout the process.”

• “Parents should know that it’s normal for their kids to want to grow up a little bit and create a space between them and their parents.”

• “My parents send me a card every once in a while just saying good luck and that they are proud of me. It is nice to get a card like that when you don’t expect it and it’s a good ‘pick-me-up’ if you had a tough week.”

• “Lehigh has great resources to help your student along the way. Encourage your student to be familiar with these.”
CONGRATULATIONS!

Your student has moved in, is settled, and is officially a part of the Lehigh community. They are working to adjust to their new environment, but so are you. The first few weeks can be a challenge for families as you become accustomed to not having your student at home and figuring out the new relationship you will have with them. The key is to find ways to take care of yourself as well as support your student in this adjustment process by providing an open line of communication. Let them know that you are there to talk and then allow them to talk freely. Keep in mind that mistakes will occur and that you are adjusting to this transition, too.

How do I LET GO and still BE THERE for my student?

“Launching your student” is a process of letting go of how the relationship has been so you can embrace the relationship that is to come. It is about giving them the room to make their own mistakes and successes, while still letting them know you are going to be there to support them, offer advice and guidance, love them, and encourage them. It is about letting them do it on their own, but being there to help them when they stumble along the way.

How am I SUPPOSED TO FEEL about this process?

Families experience a whole range of emotions, including feeling frustrated, annoyed, angry, impatient, worried, excited, happy, exhausted, energized, proud, and many more. You may love the freedom of your schedule and the quiet orderliness of a clean house, but miss lively family discussions and helping to solve problems. All of these emotions and reactions are completely normal. Just don’t forget to take care of yourself! This is a period of adjustment for you, too!
It sounds like things are not going well. How do I get my student to OPEN UP and tell me things?

As the family member, you may feel like you are giving a lot and getting very little. Your student may make requests for money or things from home but remain very private and limited in disclosing information to you. This does not always mean something is wrong. Pay attention to unusual behavior from your student. Look for hints of chronic homesickness, patterns of heavy drinking, or persistent avoidance of communication. Encourage your student to use campus resources such as their Gryphon (Lehigh’s term for Resident Assistant), Residence Life Staff, Academic Support Services, Office of the First-Year Experience, and the University Counseling and Psychological Services as needed.

When you talk to your student you may hear less about the positives and more about things that are not so great, like roommate situations or dining options. Again, this is completely normal. Try to listen and answer their questions with an open mind and remain calm, even if they tell you things that may shock you. Often, when troubles become too much to handle, the only place a student wants to turn to is home, whereas friends at school are more likely to hear about all the good things.

Where can I go for SUPPORT during this time?

The Office of First-Year Experience and the Counseling Center are both great resources for families trying to help their students through the transitioning process. Professionals in both offices can answer questions you may have or recommend other on-campus resources for you or your student. Many families also recommend talking to others who are currently or have previously “launched” a student. There are also many books and online resources available for families with advice on the transition process. Please visit go.lehigh.edu/FYfamilies for a list of recommended books for families.
bLUeprint is a premier and unique to Lehigh experience. We want students to intentionally create their Lehigh experience and make meaning of all their interactions, conversations, lectures, and experiences, using the Five Foundations for Student Success. We want students to **discover** more about themselves and Lehigh, **explore** the vast array of ideas and experiences in this community, **connect** what they learn inside and outside the classroom, and **apply** their understanding and insight to future endeavors. We want students to try new things, step out of their comfort zone, and reflect on who they are and who they want their college experience to help them be in the future. We want them to evolve into the best version of themselves.

While it is up to your student to create their Lehigh experience, we will shape their exposure and learning, using the Five Foundations for Student Success:

**Creative Curiosity** — Ask big questions, seek mindful solutions, and develop an overall inquisitive outlook on the world.

**Identity Development** — Continue to develop into your own unique person, become grounded in your multiple identities, and live out your carefully chosen values and beliefs.

**Collaborative Connections** — Learn to build positive relationships and engage in dialogue, utilizing your personal values and inquisitive outlook as a guide.

**Inclusive Leadership** — Make decisions, take action, and contribute positively to your communities in ways that are purposeful, socially just, and built on integrity.

**Professional Growth and Success** — Utilize your intellectual passions and talents to create and enact a personal definition of success that positively represents you, your profession, and your communities.

## 5x10

During the first ten weeks of college, students will begin to develop new routines, create new social connections, and begin to establish their place at Lehigh. We feel it is important to expose students to the multitude of opportunities that exist at Lehigh and then reflect on those opportunities so they can maximize their experiences. All first-year students are expected to attend five programs during the first ten weeks of the semester in at least three of the Five Foundations of Student Success.
IT IS PERFECTLY NORMAL FOR STUDENTS TO GET HOMESICK.

Many students experience a longing for home during the first semester and their immediate reaction is going to be to run for the familiar – home cooking, high school friends, family, and their own bed. However, the cure for homesickness is not going home – it is making a home here at Lehigh. There are a multitude of ways for students to get involved on campus, stay busy on nights and weekends, and start to make South Bethlehem home!

Camp Hawk
Camp Hawk is a great opportunity for students who are having a difficult time adjusting to college to meet other first-year students. Upper-class student counselors will participate with students in various activities to build connections and develop students’ relationships with other Lehigh students. Activities will be adjusted to ensure we can follow safety guidelines and procedures. Registration will be announced to students when more details are solidified. go.lehigh.edu/camphawk

Lehigh After Dark
Lehigh After Dark programs are free events on Thursday, Friday, and Saturday evenings between 10 p.m. and 2 a.m. Events range from weekly trivia to open mic nights and all events are open to the entire LU community. LAD relies heavily on student ideas and offers funding for students groups who wish to plan, host, or co-sponsor their own events. Students should get involved and/or connected by visiting: studentaffairs.lehigh.edu/lehigh-after-dark-lad or emailing indark@lehigh.edu.

Community Service
The Community Service Office helps students engage in meaningful service to the greater Lehigh Valley area, including over 100 local agencies that are always looking for volunteers. Students can also give back by volunteering during school breaks on SERVE Trips or by tutoring local elementary and middle school children through America Reads and Counts. lehigh.edu/service
Student Engagement

The Office of Student Engagement wants each individual student to become meaningfully engaged within the Lehigh community. Campus involvement is an important part of the Lehigh experience as it aids in the intellectual, personal and social development of a student. Student Engagement provides a number of ways for students to connect to involvement opportunities. The office offers programs on and off campus throughout the academic year. There are over 175 student organizations that students can join. Leadership education and development opportunities exist. studentaffairs.lehigh.edu/engagement

● Campus Programs
Whether it is the beginning of the semester Club Expo, mid-day stress relieving activity, or weekend program, the Office of Student Engagement has something going on almost every day of the week in Lamberton Hall, the University Center, or elsewhere on campus.

● Getting Off-Campus
The Office of Student Engagement offers a FREE Saturday bus service to the Lehigh Valley Mall, and Wal-Mart. Zimride by Enterprise (an online ride-matching service), and Enterprise CarShare (a car rental service) are also available on a daily basis to take students to Philadelphia and other areas of the Lehigh Valley for dining, entertainment, or shopping.
*See our website for the most up-to-date information on these services.

Leadership Education & Development
Students are invited to participate in the wide range of leadership education and development opportunities offered by a variety of offices. These include programs like Catalyst, LeaderShape, the Great Pocono Escape (GPE), the Greek Emerging Leaders, and Foundations for first-year student athletes.
Office of Fraternity and Sorority Affairs
The fraternity and sorority experience has a long-standing history at Lehigh University. The Office of Fraternity & Sorority Affairs (OFSA) works with students, alumni, faculty, staff, and parents to enhance the development of students through fraternity and sorority membership. OFSA supports chapters in developing members holistically across their founding principles that foster leadership, service, scholarship, community, advocacy, safety and wellness. At Lehigh, students are eligible to join fraternities and sororities once they’ve completed 12 Lehigh credit hours and have a 2.5 GPA or higher. Students interested in joining Lehigh’s fraternity and sorority community are encouraged to participate in OFSA sponsored events during the fall semester, such as Go Greek and the Greek Recruitment 5x10. There are three councils, Cultural Greek Council (CGC), Interfraternity Council (IFC) and Panhellenic Council, that will also host informational events in the fall semester. To learn more about how to get connected, visit lehigh.edu/ofsa.

The Pride Center
The Lehigh University Pride Center for Sexual Orientation & Gender Diversity exists to build a just, equitable world through community building and the pursuit of change. We contribute to student life by ensuring that all students, regardless of their gender or sexuality, can bring their full, authentic selves to all aspects of their Lehigh experience. College is often the time for students to explore their sexuality and gender identity, and we want to give parents and family members the resources needed to support their students as they embrace various parts of their identities. For more information, visit the “Parents & Guardians” resource tab on our website (diversity.lehigh.edu/pride-center), email us at pridecenter@lehigh.edu, or stop by our colorful and comfy lounge in University Center C212!

Lehigh will be celebrating 150 years of Greek Life at Lehigh in 2022!
Office of Multicultural Affairs
The Office of Multicultural Affairs (OMA) is committed to engaging, developing, and empowering all students, staff, and faculty as we cultivate an inclusive environment that promotes mutual respect and intersectional dialogue through an intercultural lens. With a focus on intercultural exchange (deep understanding and respect for all cultures), OMA promotes student support and cultural education through programmatic efforts such as the Council for Cultural Organizations (C2O), an umbrella group of culturally based clubs and organizations that provide educational, social and philanthropic programming for the Lehigh University and surrounding community. A few of the most popular programming initiatives of the OMA are the celebration of heritage months throughout the year, Welcome Back Carnival, Family Weekend Brunch, Real Talk Series, and OMA Chats! There are many opportunities students can get involved with the Office of Multicultural Affairs - we invite you to visit our website go.lehigh.edu/oma or stop by the M-Room in the University Center!

The Center for Gender Equity
As we work to end social and systemic gender-related barriers to community members’ successes, we continue to Inform ourselves and others through an intersectional feminist praxis approach, engage individuals and groups in developing gender equitable practices and behaviors, and act for social justice and inclusive excellence. With a comprehensive student curriculum, we give students space to build upon experiential knowledge with research and skills, and students then move that work out into the community. Our active network of alums continues the process. Students join as interns, volunteers, and via work study positions. Hang out in the lounge. Join a dialogue. Become part of our Gender Equity Leadership Fellows. diversityandinclusion.lehigh.edu/center-gender-equity
The Office of Gender Violence Education and Support

The Office of Gender Violence Education and Support at Lehigh University works to change campus climate around issues of gender violence including sexual assault, intimate partner abuse, stalking, sexual exploitation, and sexual harassment by supporting survivors and creating a survivor supportive campus; reducing incidents of gender violence among Lehigh students by increasing healthy relationships and consensual sexual encounters; and educating the campus community about healthy relationships, pleasurable consensual sexuality, gender violence, bystander intervention and rape culture using evidence based, intentional, and appropriate trainings, events, and initiatives. Break the Silence Peer Educators aid in these efforts. The office also offers belief and support to students who have been impacted by gender violence by helping to inform them about and connect them with campus and community resources. If it is outside normal business hours, specially trained, Advocates, are available through their 24/7/365 hotline (610-758-4763) to assist those students who have been impacted by gender violence. lehigh.edu/go/gves

Equal Opportunity Compliance Coordinator/Title IX Coordinator

The Equal Opportunity Compliance Coordinator, who also serves as Lehigh’s Title IX Coordinator, is a resource for all Lehigh students on issues relating to discrimination, harassment, retaliation, and sexual misconduct. The EOCC provides education and training on these topics throughout the year. The EOCC is also available to discuss any questions or concerns relating to these topics and to explain the University’s processes and procedures available for responding to these types of incidents. The EOCC coordinates with other offices on campus to provide support for those who have experienced discrimination, harassment, retaliation, or sexual misconduct and to foster a safe and inclusive environment for all students.

titleix.lehigh.edu • eocc.lehigh.edu
THE OFFICES OF RESIDENCE LIFE AND HOUSING SERVICES

at Lehigh University aim to create an environment characterized by mutual respect and collective responsibility. The residential living experience supports the complete development of students through individual, interpersonal, community, and intellectual education.

Living in the Residence Halls

Residence Life staff can assist students in getting involved on-campus and finding their community at Lehigh. The primary resource for Lehigh students living in residence halls is their Gryphon. The Gryphons serve as a peer leader, mentor, and advocate for students, and they coordinate programs and activities as part of the bLUeprint curriculum that cultivate student learning and development. The Gryphons serve on a duty rotation and are available to support students in the evenings and on weekends. Each residence hall also has an Assistant Director of Residence Life (AD), a professional staff member who lives in the area and provides stewardship to the community and oversees the Gryphon staff. The AD is a secondary support system for students living on-campus in addition to their Gryphon.
Roommates
If a student would like to change their room, they should reach out to their Assistant Director. Students are asked to give both their room and roommate relationship a 10-day trial period before requesting any changes. At that point the Assistant Director will help them to address their request and any concerns they may have about their living situation.

Holidays and Academic Breaks
The residence halls will close from Thanksgiving Break until January opening. Only in-season varsity athletes, international students with travel restrictions, and students who reside at Lehigh as their permanent address are permitted to remain. The availability of spring break and summer housing has yet to be determined for 2021. Updates about future semesters will be communicated as more information becomes available in the coming months.

Safety in the Residence Halls
Current guest policies are being revised in accordance with public health guidelines to minimize non-essential visitors into the residential communities.

Residence Life website: studentaffairs.lehigh.edu/reslife
Housing Services website: lehigh.edu/housing
MEAL PLANS

All first-year students are required to be on a Category IA (Carte Blanche) or Category I (250 meals per semester, 225 meals per semester, or 200 meals per semester) meal plan. Meal plans are accepted at all on-campus student restaurants.

Meal plans may be changed up to the 10th day of class of each semester on the Housing and Dining Self Service portal through go.lehigh.edu/housing. Charges for meal plan changes will be assessed per an established pro-rated schedule.

Changes outside of the required meal plan or after the 10th day of class for reasons such as a medical condition must petition and receive approval from the Executive Director of Student Auxiliary Services.

*All dining facilities also accept cash or credit cards.

Students will get the most value by dining at the all-you-care-to-eat student restaurants. Meals can also be used as meal credits at the retail locations across campus, as well as resident dining facilities, but cannot be used at off-campus restaurants and dining locations.

For more information visit lehighdining.com.
**DINING DOLLARS**
This declining balance is accepted at all Lehigh dining locations. Dining dollars are non-refundable, non-transferable, and carry over from fall semester to spring semester only.

Dining Dollars are allocated based on a student’s selected meal plan, and additional Dining Dollars can be added onto any card holder with a meal plan at any time during the academic year.

**BONUS DINING DOLLARS**
Each time a card holder adds dining dollars during the academic year, dining services will award them with 10% bonus of whatever is added as part of their rewards program. During the first 10 days of class, an additional 20% will be awarded when dining dollars are added. For more information call 610.758.6179.

**GoldPLUS**
GoldPLUS works like a debit account, but is encoded right on the Lehigh ID card and can be used at all Lehigh dining locations, for on-campus services such as laundry machines, campus parking, and copy machines, as well as many local off-campus restaurants, entertainment venues, and services. GoldPLUS balance carries over until graduation, upon which any remaining balance will be refunded.

Refunds on closed accounts will be made in the full amount of the unused balance. However, refunds may not be processed for balances less than $15.00.

Deposits can be made to a GoldPLUS account at any time. Visit financeadmin.lehigh.edu/goldplus for all of the deposit options or call 610-758-6169.
SAFETY

MAINTAINING A SECURE ENVIRONMENT is very important to the entire Lehigh community. We believe that an effective approach to campus safety includes prevention, education, and the ability to respond. A variety of security measures are implemented throughout campus, including 100+ emergency blue light phones that are placed strategically around campus, well-lit walkways, HawkWatch Alert system as well as a mobile personal safety app.

University Police Department

The Lehigh University Police Department is accredited by the Pennsylvania Chiefs of Police Association as well as by the International Association of Campus Law Enforcement Administrators. Lehigh’s police officers are fully trained and certified by the Commonwealth of Pennsylvania. The University Police have and may exercise full police powers on campus and in the immediate and adjacent vicinity of campus, including the enforcement of all federal, state, and local laws, as well as all rules and regulations set forth by the university. The University Police also provide security guards to monitor campus security. The University Police provide coverage 24 hours per day, 365 days per year. The Department consists of a Chief, an Assistant Chief, one Captain, three Lieutenants, four Sergeants, eighteen Patrol Officers, two Security Guards, six Police Dispatchers, a Department Business Manager and twenty part-time Event Staff. For more information, visit police.lehigh.edu.
HawkWatch

HawkWatch alerts include text messages, push notifications, emails, desktop notifications and voicemail messages sent to the campus community in the event of imminent danger, or when an emergency situation will impact a significant number of people. In addition, HawkWatch alerts may be sent to alert the campus community of weather circumstances that may impact normal campus operations. Students can register to receive HawkWatch alerts by visiting: lehigh.edu/emergency

HawkWatch Personal Safety App

The HawkWatch mobile personal safety app is offered for free to all members of the campus community. The HawkWatch app is custom-designed for Lehigh University and includes a number of options that can help in an emergency situation. It also puts the user in direct contact with LUPD dispatchers. It is the equivalent of a mobile blue light phone in the palm of the user’s hand. In addition, the app provides quick and easy access to useful information such as directions in emergency situations, and emergency contacts and support resources. It can also serve as a Lehigh bus tracker, provide links for reporting a tip, and offer users a quick and easy way to request safety programs. To learn more about the personal safety app and to download to your mobile device, please visit: lehigh.edu/emergency/prepared/hawkwatchapp

Emergency Medical Services

Lehigh University Emergency Medical Services (LUEMS) is available to respond to any illness or injury. Students or concerned family members can call 610-758-4200 to report an urgent medical situation. LUEMS Emergency Medical Technicians provide prompt treatment anywhere on campus and can arrange for ambulance transport to hospital if needed. Visit lehigh.edu/ems for more information.

HELPFUL REMINDERS FOR YOUR STUDENT’S SAFETY

- Lock all windows and doors
- Walk in groups, especially at night
- Do not prop open doors or let others follow you into buildings
- Report any suspicious behavior to campus police immediately
- Take advantage of campus bus service at night
- Be aware of the location of all emergency phones on campus
- Tell a friend or roommate where you are going and when you expect to return
COUNSELING SERVICES

Counseling & Psychological Services Counseling Services (UCPS) is dedicated to the belief that a person’s college years are optimally a time of challenge, inquiry, experimentation, productivity, and change. Our services are primarily designed to help students thrive in meaningful ways -- to grow in self-understanding in order to make optimal use of their personal and interpersonal resources. Individual counseling, group therapy, consultation, and numerous outreach activities are some of the primary means by which we attempt to accomplish this mission. We are also devoted to helping students manage the occasional crises that arise at this time of life. UCPS psychologists are committed to providing assistance to all registered Lehigh students, as well as to the larger campus community through consultation, academic teaching, research, peak performance training, and various other types of involvement. During remote learning at Lehigh, UCPS continues to remain open and counselors are available to provide assistance, currently through phone or Zoom meetings, during scheduled meetings during the week and with on-call counselors during evenings and weekends for those experiencing crisis during those often lonely hours. We invite you or your child to reach out to us if feeling overwhelmed, wanting to ask questions, or desirous of greater fulfillment or flourishing in life. Some of the current services offered are below.

● **Group Counseling/Psychotherapy**
  Group is an opportunity available to students who are in need of a supportive environment that assists them in establishing and maintaining close and gratifying relationships with others. Group can give students better understanding of their relationships with others and assist them in sharing their internal thoughts and feelings with peers in exchange for honest and helpful feedback. Weekly group sessions typically last 90 minutes and students often participate in group for a full year or more.

● **Individual Counseling**
  Individual counseling and psychotherapy sessions can be as varied as the students who seek counseling. Sessions can range from dealing with stress, to managing relationships, to overcoming an eating disorder. They typically last 45 minutes, and students may be seen for a single session or for a number of sessions.
Consultation for Families/Friends

UCPS provides consultations to parents, family, friends, staff, and faculty who are concerned about a Lehigh student, child, relative, friend, or peer. Such consultations can focus on a range of issues. Common topics include: how to refer a student to the UCPS, how to assist a student experiencing a difficult situation, or how to facilitate a referral to a mental health care provider in the local community. To speak with a UCPS staff member about your concerns please call the UCPS at (610) 758-3880 and ask to consult with one of our counselors. A staff member, if available, will speak with you at that time -- however if all are busy at that time, please leave a message with our administrative staff and a senior staff member will return your call as soon as possible. Further information about resources can be found on our website studentaffairs.lehigh.edu/content/counseling-psychological-services-ucps or on our Instagram @lehigh_UCPS

Health Advancement and Prevention Strategies

Maintaining a safe and healthy campus is a shared responsibility. The Health Advancement and Prevention Strategies Office seeks to create an environment that supports student learning and personal development by enhancing institutional health and safety through public health practices. We empower students to make healthy lifestyle choices around alcohol, sleep, stress, sexual health, and other priority health topics. One way we do this is through our Peer Health Advisors, a dedicated team of students, trained to provide peer-to-peer support, advice, resources, and programming about positive health decisions. To learn more about the office, email us at inhaps@lehigh.edu. studentaffairs.lehigh.edu/content/health-advancement-prevention-strategies-office
HEALTH SERVICES

THE LEHIGH UNIVERSITY HEALTH AND WELLNESS CENTER

The Lehigh University Health and Wellness Center provides care to all of the university’s undergraduate and graduate students.

The mission of the Health and Wellness Center is to provide students with:
• High quality, compassionate medical care
• Non-judgmental care that respects individual differences in a confidential environment
• The knowledge and ability to treat themselves for minor illnesses and injuries.

The services provided by the Health and Wellness Center for the 2020-2021 academic year include:

• Medical visits by appointment
• Gynecological services
• Immunizations
• Limited Laboratory services
• Some medications, including antibiotics, are available free of charge when student is evaluated by Lehigh Health & Wellness Center provider
• Treatment for psychological issues in conjunction with the University Counseling Center

Please Note: The Health and Wellness Center does not prescribe medication for ADD, Accutane, and some psychiatric medicine and does not fill prescriptions. Prescriptions from primary care providers can be filled at local pharmacies. All medical records are strictly confidential and will only be released with written consent of the student.

The Health & Wellness Center can be contacted by phone at 610-758-3870 or by email at inluhc@lehigh.edu. We are open Monday through Friday but our hours do vary throughout the year. Please find our up-to-date hours on our website lehigh.edu/health along with other helpful information regarding our services, policies, campus resources, and much more.

Hints for staying healthy for new students include:
• Washing hands frequently
• Getting adequate sleep each night
• Maintaining up-to-date immunization status
• Getting a flu shot every year; these will be offered on campus starting in September
FIRST-YEAR STUDENTS will go through many different transitions as they adjust to University life. There are many offices and services provided to assist in their academic success.

The Center for Academic Success
The Center for Academic Success is designed to help students reach their full academic potential by offering services such as group, residential, and walk-in tutoring in many first- and second-year courses (introductory and 100-level courses) and study skills assistance free of charge. The long-term goal of the Center is to help students become successful, independent, and self-confident learners. studentaffairs.lehigh.edu/success

Writing and Math Center
The Writing and Math Center offers both online and in-person assistance for students in the areas of writing, research techniques, and math proficiency. One of the most popular services is one-on-one conferences with trained writing consultants who can help students brainstorm ideas, review working drafts, or refine their writing style. studentaffairs.lehigh.edu/writing

Library Services
The Lehigh Libraries offer many services to support the academic progress of Lehigh students. Electronic access to many academic periodicals as well as an online catalog enables students to access the library 24 hours a day from anywhere on campus. Additionally, the two on-campus libraries offer quiet study areas, thousands of volumes on a myriad of topics, an interlibrary loan program, and photocopying services. library.lehigh.edu

“Send a care package from home, even if you are only 20 minutes away. Nothing is better during exams than some snacks from home.”
Support Services for Students with Disabilities

The Office of Disability Support Services supports and enhances Lehigh University’s educational mission and its commitment to maintaining an inclusive and equitable community by providing equal access and reasonable accommodations to qualified students with disabilities in accordance with the Americans with Disabilities Act as amended (ADAAA) and Section 504 of the Rehabilitation Act of 1973. DSS recognizes and appreciates disability as a valued facet of diversity and is dedicated to creating an environment that supports students and fosters intellectual exploration, individual growth, and leadership development. It is the responsibility of students with disabilities to self-identify with DSS and to provide the required documentation in order to receive accommodations. To learn more, visit studentaffairs.lehigh.edu/disabilities.

Mid-Term Grade Reports and Section 3’s

A mid-term grade report process is in place for first- and second-year students which allows the University to closely monitor student progress throughout the semester. Mid-term grades are shared directly with the student through the student portal and are accessible on the Parent Portal as well. Students who receive two or more D or F grades in their courses are required to meet with their advisor, course instructor, and an academic support staff member to discuss their need to improve their standing in the course. Named for its position in the Rules and Procedures of the Faculty (2.2.5. Section 3), Section 3 forms are filed by faculty members if a student appears to be neglecting course work or interferes with the discipline of any course. Students who receive a Section 3 notice are required to meet with their course instructor and academic advisor.

Center for Career & Professional Development

The Center for Career & Professional Development provides resources to support the career development of Lehigh students at all stages of their education. The career team’s work with students is centered on our Career Development Learning Cycle. The cycle is grounded around the areas of exploration, developing skills, gaining experience, and building connections and networking. A student’s career development is much more than perfecting a resume – it is a journey. Students can connect with the career team to help design a career path for success after Lehigh. Resources are offered to assist students with gaining career knowledge, creating and refining career tools, and developing skills they need to succeed. careercenter.lehigh.edu
The Family Educational Rights and Privacy Act of 1974 (FERPA) is a Federal law that protects the privacy of student educational records. Once a student reaches 18 years of age or attends a postsecondary institution, the student becomes the owner of their education records. Unless students give consent, parents and/or guardians no longer have access to education records, such as a student’s grades or other “nondirectory” information. Therefore, it is important that families discuss with their students their expectations for being informed about the student’s academic progress and standing.

The Lehigh Parent Portal, was designed to provide family access to certain information in students’ education records. A mailing about the Portal, detailing the process for students to grant access to parents, will be sent in late August. Information on accessing the Parent Portal will be sent to parents/guardians at the same time. If the student grants access, parents will be able view student information such as grades, financial aid and billing information.

FERPA does permit the University to contact parents and/or guardians when a student who is under the age of 21 has violated the University’s Code of Conduct related to drugs or alcohol. As a result, the University will contact parents or guardians for any violation of this type. The University will also contact parents or guardians if there is a threat to the health or safety of the student.
Reapplying for Aid
Financial Aid eligibility is determined annually, based on a family’s most current financial situation; therefore families must re-submit the application materials and tax returns each year. Complete applications for institutional aid are due by March 15 (preceding the new academic year). Financial aid eligibility will be updated based on the family’s information including, but not limited to: income; assets; number of household members; and sibling college enrollment. In addition, Satisfactory Academic Progress is required for aid renewal. Late applicants and those not making minimum academic progress may be denied financial assistance.

Changes in Financial Circumstances
Please contact the Financial Aid office and speak with your financial aid counselor if you feel there are extenuating financial circumstances. Additional funding will be dependent upon the availability of funds.

Outside Scholarships
There are many private scholarships your student may apply for that may or may not be need-based. Eligibility is determined by various factors, such as academic or career goals. To look for a scholarship that matches your student’s interests and qualifications, you can access free scholarship information online at www.collegeboard.com, www.fastweb.com, or www.unigo.com. Be sure to view the outside scholarship policy on the Office of Financial Aid website to determine how receipt of outside scholarships may affect a financial aid package.
Work-Study

If your student’s financial aid eligibility includes a work-study award, it is important to note that it is neither an obligation nor a guarantee of an on-campus job. If students wish to take advantage of their work study eligibility, they must secure a job and work hours to earn these funds. Employment is readily available at Lehigh, so students have ample opportunity to earn their full awards. Students can find work study job opportunities at lehigh.joinhandshake.com/login.

Communication with Students

At the point that your student starts school, the Office of Financial Aid will direct all communications to your student. Most communications will be sent via email to your student’s Lehigh email account. Be sure to have your student check their Lehigh email regularly. Also, it is advisable that your student check the Financial Aid section of Lehigh’s Self-Service Banner system on a regular basis for any missing information requests or updates to award information.

Contact

For more information about financial aid, or to meet with a financial aid counselor, we encourage you to contact the Office of Financial Aid:

Address: 27 Memorial Drive West, Bethlehem, PA 18015
Telephone: (610) 758-3181
Fax: (610) 758-6211
E-mail: financialaid@lehigh.edu
Website: lehigh.edu/financialaid
TRANSPORTATION SERVICES

GETTING TO AND FROM LEHIGH

Air Transportation
Lehigh University is serviced by three major airports. The Lehigh Valley Airport (ABE) is a mere 15 minutes from campus, with transportation to and from the airport available by taxi or LANTA bus. The Philadelphia Airport (PHL) and Newark Liberty International Airport (EWR) are approximately 70 miles from campus with transportation to and from campus available by reserved car service, bus, or rental car.

Ground Transportation
With its close proximity to many major metropolitan areas, Lehigh students have the ability to enjoy opportunities available off-campus as well as catch a ride home for a long weekend. The companies listed on page 31 offer ground transportation to and from the Lehigh University surrounding area.

LANTA Free Ride Program
Students can ride LANTA for free with their Lehigh University ID. LANTA provides bus services in and around the Lehigh Valley. Students can present their Lehigh ID upon entering the LANTA bus. Fare boxes have been configured to recognize Lehigh University identification cards.
On-Campus Transportation

For the most up-to-date transportation information please visit: businessservices.lehigh.edu/departments/transportation-office

TRANS-BRIDGE LINES
610-868-6001
transbridgelines.com
Provides bus services from Bethlehem to Newark Airport, JFK Airport, and NYC Bus Terminal

GREYHOUND BUS
800-231-2221
greyhound.com
Provides bus services from Bethlehem/Allentown and Philadelphia to destinations across the U.S.

MY BUS HOME
508-277-8855
mybushome.com
Provides students from Westchester County and Long Island, NY, MD/DC and New England rides to and from campus over the academic breaks

AMTRAK TRAINS
1-800-USA-RAIL
amtrak.com
Provides train services from Philadelphia to destinations across the U.S.

LANTA
610-435-4517
lantabus.com
Provides bus services in and around the Lehigh Valley

For more resources on getting to and from Lehigh visit studentaffairs.lehigh.edu/ofye and click on the resources link.
Visitor Parking

If you are planning to stay overnight on or near campus and plan to park on campus, you are required to purchase a visitor permit at a cost of $8.00 per day. Visitors may purchase a visitor permit in the Parking Services office, located at 622 Brodhead Avenue. Visitors may also park at and pay a meter if they are unable to obtain a permit or if they arrive when the Parking Services office is closed. Please note that all meters are monitored and must be fed at all times. The meter fee may be paid with coins, or by using the mobile app: Passport. Visitors may also park in the Zoellner garage at $1/hour on level 1 using the kiosk located next to the elevator on level 1 and by using the mobile app: Passport, or in the bottom level of the Alumni Parking Pavilion. Permits are not required to park in any of the metered spaces in campus garages. Students may obtain permits for their visitors arriving on Friday after 4:00 PM, Saturday and/or Sunday online at go.lehigh.edu/parking. Please contact us for help in planning your visit or if you have questions! (610)758-7275, inpark@lehigh.edu.

Obtaining a Parking Permit

Sophomore, Junior, and Senior students living on-campus may purchase a parking permit through the Parking Services office by visiting go.lehigh.edu/parking. Permits will be assigned as close as possible to the student’s residence hall. If needed, students may also use on-campus permits to park in the commuter lot at the Goodman campus during school breaks. All students living off-campus are required to purchase a permit if they wish to park on-campus, including after 4:00 PM and weekends.

Passport Mobile App

The Passport Mobile App can be used to pay for parking at meters and at the Zoellner garage level 1. Either download the PassportParking app or register at ppprk.com.

For detailed parking information, please go to: businessservices.lehigh.edu/departments/parking-office
RECEIVING MAIL IS A WELCOMED SURPRISE BY STUDENTS

The Mail Center is Lehigh's campus post office. The Mail Center has established hours of operation where staff are available to accept and distribute parcels. For the most up-to-date hours of operation for the 2020-2021 academic year visit our website at businessservices.lehigh.edu/departments/mail-center. Please keep the Mail Center’s hours in mind when selecting shipping preferences. We are equipped to handle small parcels that require refrigeration. However, please use care and planning when shipping a large package that should be refrigerated before your student is able to retrieve their package.

SHIPPING AND MAILING TO CAMPUS

Student Name
Lehigh University
Box ####
4 Farrington Square
Bethlehem, PA 18015

PLEASE ADDRESS ALL MAIL AND PACKAGES IN THE FOLLOWING MANNER:
Founder’s Celebration

OCTOBER 2, 2020

Each October since 1879, Lehigh has commemorated Founder Asa Packer and the magnitude of his impact with a celebration.

Lehigh is committed to mitigating the spread of COVID-19 and protecting the health and safety of our students, faculty, and staff, as well as visiting alumni and families and our neighbors in the greater Bethlehem area. While this work prohibits large-scale gatherings on campus, we are excited to be planning a virtual Founder’s Celebration and Family Week this fall, October 2- October 9, 2020. More information will be available at lehigh.edu/familyweekend.

Lehigh-Lafayette

The 156th meeting of the Lehigh and Lafayette football teams won’t be held until 2021. Tickets will be available through the Athletic Ticket Office. Along with coming to the game to cheer on the Mountain Hawks, all families are invited to join their students for a week of festivities on the Lehigh campus. If you are unable to make it to campus, contact the Alumni Association for information on joining Lehigh alumni, families, and friends for telecasts around the country. Go Mountain Hawks!
Parents’ Fund
College is a new world — one that you, your student, and Lehigh are building together. When you give to the Parents’ Fund, you provide immediate resources for the experiences that make Lehigh extraordinary. You join other families in providing students with leadership training, tutoring and academic support, community service opportunities, and so much more. Enriching Lehigh’s undergraduate experience is a great contribution to your student’s future and supports key priorities of GO: The Campaign for Lehigh.

Parents’ Council
A valuable way to share in your son or daughter’s Lehigh experience is to join the Lehigh Parents’ Council, an advocacy group whose members serve as ambassadors and provide philanthropic leadership for the Parents’ Fund. Each year, more than 100 families participate in the Lehigh Parents’ Council, and their gifts to the university totaled more than $7 million over the past three years. Their generosity makes all the difference as Lehigh students break down barriers, take on the toughest challenges, and impress the world. Membership is open to parents making an annual gift of $5,000 or more. Members are invited to exclusive events during Family Weekend, plus other events across the country. I invite you to become involved.

For more information, please contact:
Victoria Penske Aitchison ’92 ‘20P
Director of Development Parents’ Program
(610) 758-5142  |  vpa@lehigh.edu
The following is a list of terms that many students will incorporate into their vocabulary while attending Lehigh.

**bLUeprint** – Lehigh aims to expose all students to five foundations for student success: Identity Development; Collaborative Connections, Inclusive Leadership; Professional Growth and Success, and Creative Curiosity.

**navigateLU** – Programming that all first-year students complete in their first 10 weeks to ensure students are successful. Students will meet one-on-one with a faculty or staff member and meet with their Orientation group.

**5x10** – A programming series open to all Lehigh students with a specific focus on new students and their connection to Lehigh. All new students are expected to attend five programs during the first ten weeks of the semester.

**COMMON HOUR EXAMS** – While most schools have midterms, Lehigh splits the semester into three parts, separated by a set of exams called “Common Hour Exams.” These exams are held at exactly 4:00 pm during the sixth and eleventh weeks of each semester for courses that have more than one section.

**GRYPHONS** – Known as Resident Assistants at most other universities, Gryphons are undergraduates selected by the Office of Residence Life to live with the students in residence halls and serve as an immediate source of support and assistance to them.

**HAWK’S NEST** – On-campus diner with late-night hours located in Lamberton Hall student center.
**LEHIGH-LAF** – The week of activities leading up to the most-played rivalry in college football, including the Turkey Trot and bed races. 2021 will mark the 156th meeting between the two schools.

**LINDY** – Linderman Library located in the center of campus.

**OL (ORIENTATION LEADER)** – Returning student trained to help new students with the transition to Lehigh and guide his or her group through orientation.

**The Brown and White** – Lehigh school newspaper published twice each week.

**TURKEY TROT** – A Thursday night, 2.6 mile run through the campus that is part of Lehigh-Lafayette week festivities. This year will be the 64th Annual Turkey Trot.

**UC (UNIVERSITY CENTER)** – This building contains several dining options, a bank, meeting rooms, and several Student Life Offices.

More Lehigh terms are available by visiting our website at: studentaffairs.lehigh.edu/content/lehigh-lingo
IMPORTANT CONTACT INFORMATION

Athletic Tickets
610.7LU.GAME
www.lehighsports.com

Bursar
610.758.3160
bursar@lehigh.edu

Center for Career and Professional Development
610.758.3710
careercenter@lehigh.edu

Center for Gender Equity
610.758.6484
incge@lehigh.edu

Counseling and Psychological Services
610.758.3880
incso@lehigh.edu

Dean of Students
610.758.4156
indost@lehigh.edu

Disability Support Services
610.758.4152
indss@lehigh.edu

Equal Opportunity Compliance Coordinator/ Title IX Coordinator
610.758.3535
eocc@lehigh.edu

Financial Aid
610.758.3181
financialaid@lehigh.edu

Health and Wellness Center
610.758.3870
inluhc@lehigh.edu

Housing Services
610.758.3500
inhouse@lehigh.edu

Pride Center
610.758.4126
pridecenter@lehigh.edu

Mail Center
610.758.4193
mailcenter@lehigh.edu
FAMILY GUIDE TO BETHLEHEM

PLACES TO STAY

Visit lehigh.edu/hotels to find additional information about these hotels and book your accommodations.

- Candlewood Suites Bethlehem South
- Comfort Suites Bethlehem
- Courtyard Marriott Bethlehem
- Fairfield Inn & Suites by Marriott Allentown Bethlehem/Lehigh Valley Airport
- Four Points Sheraton
- Hampton Inn & Suites Bethlehem
- Historic Hotel Bethlehem
- Historic Benner Mansion
- Holiday Inn Allentown
- Holiday Inn Express Allentown North
- Holiday Inn Express and Suites Allentown Center Dorneyville
- Holiday Inn Express and Suites Bethlehem Airport Allentown Area
- Holiday Inn Express and Suites Easton
- Homewood Suites by Hilton Allentown, Bethlehem, Center Valley
- Homewood Suites by Hilton Allentown/Bethlehem Airport
- Hyatt Place Bethlehem
- SureStay Collection by Best Western Lehigh Valley Hotel & Conference Center
- The Lafayette Inn

WHAT TO DO

- ArtsQuest*
  101 Founders Way
  Bethlehem, PA
- Banana Factory*
  25 W. 3rd St
  Bethlehem, PA
- BarreForm*
  202 W. 4th St
  Bethlehem, PA
- Bethlehem Visitor Center
  505 Main St
  Bethlehem, PA
- The Crayola Factory
  30 Centre Square
  Easton, PA
- Color Me Mine*
  25 E. 3rd St
  Bethlehem, PA
- Da Vinci Science Center
  3145 Hamilton Blvd Bypass, Allentown, PA
- Dorney Park
  3830 Dorney Park Rd
  Allentown, PA
- Godfrey Daniels*
  7 E. 4th Street
  Bethlehem, PA
- Hawk Mountain
  1700 Hawk Mountain
  Kempton, PA
- Historic Bethlehem River Tours
  434 Clearfield St
  Bethlehem, PA
- Lehigh Valley Iron Pigs
  1050 Ironpigs Way
  Allentown, PA
- Lehigh Valley Mall
  Route 22 and Route 145 N.
  Whitehall, PA
- Lehigh Valley Phantoms
  701 Hamilton St
  Allentown, PA
- Lehigh Valley Wine Trail
  407 Old Route 22
  Kutztown, PA
## WHERE TO EAT

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexandra’s Bistro</td>
<td>9 E. 4th St</td>
<td>610.868.0366</td>
</tr>
<tr>
<td>Anna’s Brick Oven Pizza</td>
<td>313 S. New St</td>
<td>610.317.0400</td>
</tr>
<tr>
<td>Apollo Grill</td>
<td>85 W. Broad St</td>
<td>610.865.9600</td>
</tr>
<tr>
<td>Bethlehem Brew Works</td>
<td>569 Main St</td>
<td>610.882.1300</td>
</tr>
<tr>
<td>Billy’s Downtown Diner</td>
<td>10 E Broad St</td>
<td>610.867.0105</td>
</tr>
<tr>
<td>Braveheart Highland Pub</td>
<td>430 Main St Hellertown</td>
<td>610.838.6555</td>
</tr>
<tr>
<td>Cafe The Lodge</td>
<td>427 E. 4th St</td>
<td>610.849.2100</td>
</tr>
<tr>
<td>Carlo’s Bakery</td>
<td>77 Wind Creek Boulevard</td>
<td>484.626.1550</td>
</tr>
<tr>
<td>Campus Pizza</td>
<td>22 E. 4th St</td>
<td>610.867.6222</td>
</tr>
<tr>
<td>Clusters Popcorn</td>
<td>530 Main St</td>
<td>610.849.2576</td>
</tr>
<tr>
<td>The Cup</td>
<td>2 Farrington Square</td>
<td>610.865.4360</td>
</tr>
<tr>
<td>Deja Brew</td>
<td>101 W. 4th St</td>
<td>610.865.2739</td>
</tr>
<tr>
<td>Edge</td>
<td>74 W. Broad St</td>
<td>610.814.0100</td>
</tr>
<tr>
<td>The Flying Egg</td>
<td>451 Main St</td>
<td>610.691.5100</td>
</tr>
<tr>
<td>The Flying V</td>
<td>201 E. 3rd St</td>
<td>484.695.8154</td>
</tr>
</tbody>
</table>

* Located in South Bethlehem and within walking distance from campus.
WHERE TO EAT

The Goose*
102 W. 4th St
610.868.0176

Jenny’s Kuali*
102 E. 4th St
610.758.8088

Johnny’s Bagels & Deli*
6 Farrington Square
484.895.3712

La Lupita Mexican Restaurant*
4 W. 4th Street
610.868.5733

Lehigh Pizza*
13 W. 3rd St
610.866.1088

Lehigh University Bookstore & Café
1 Farrington Square
610.758.3375

Lit Roastery and Bakeshop*
26 E. 3rd St
484.626.0945

Mama Nina
546 Main St
610.867.9802

Molly’s Irish Grille & Sports Pub*
4 E. 4th St
610.868.1313

Molinari’s*
322 E. 3rd St
610.625.9222

Nawab Indian Restaurant*
13 E. 4th St
610.691.0388

Olive Branch*
355 Broadway
610.814.0355

Perkins Family Restaurant & Bakery*
205 W. 3rd St
610.867.0262

Playa Bowls*
310 E. 3rd St
610.419.4294

Red Robin
2845 Center Valley Pkwy
610.625.3176

Roasted*
22 W. 4th St
610.849.2673

Southside 313*
313 E. 3rd St
610.419.1134

Subway*
1 E. 4th St
610.868.7570

Tapas on Main
500 Main St
610.868.8903

Thai Kitchen*
347 Broadway
610.814.2670

Thai Thai II
509 Main St
610.868.1919

Tulum*
17 W. Morton St
610.691.8300’

U & Tea*
119 E. 3rd St
610.866.4900

Urbano Mexican Kitchen & Bar
526 Main St
610.419.1736

VegOut Bethlehem
1 E Church St
610.419.0126

Zest Bar & Grille*
306 S. New St
610.419.4320

For more things to do and places to eat in Bethlehem and the Lehigh Valley visit:
• southsideartsdistrict.com
• getdowntownbethlehem.com
• discoverlehighvalley.com

*Located in South Bethlehem and within walking distance from campus.
GETTING TO KNOW A NEW AREA CAN TAKE TIME. ALLOW US TO HELP.

FAMILY FIELD GUIDE

SPONSORS & LOCAL BUSINESSES
The SouthSide Arts District is filled with delicious restaurants, unique shops, art and entertainment venues and fun monthly events!

To learn more about your Downtown visit us on Facebook or Instagram @SouthSideArtsDistrict

Welcome Home!

Discover Your New Home
call 610.419.9180 or visit southsideartsdistrict.com to learn more!
The Goosemen
Making sandwiches for friends since 1979

102 W 4th St, Bethlehem PA 18015
Ph: 610 868 0176 | Fax: 610 868 6288

Deli Hours
Monday – Friday 7:30 a.m. to 4 p.m.
Saturday 10 a.m. to 4 p.m.
Sunday 11 a.m. to 4 p.m.

Order Online
Visit TheGoosemen.com to order online
Tweet your order @TheGooseMen
Snapchat your order @TheGooseMen

The Gander Room
For all your catering and deli needs
Private banquet facilities for all occasions.
Located on the 2nd floor, above the deli.

Your only destination, our only location!
#RightThereThatIs
LEHIGH PIZZA
• SINCE 1975 •

610-866-1088 13W. 3rd St
FREE DELIVERY • ONLINE ORDERING
www.lehighpizza.com
OPEN 7 DAYS A WEEK
LATE NIGHT DELIVERY

FIND US ONLINE

We Accept GoldPLUS
NOW FOR DELIVERY

DOWNLOAD OUR APP
Color Me Mine

PAINT POTTERY

BRING YOUR VALID COLLEGE ID FOR

15% OFF ON POTTERY

25 E 3rd St, Bethlehem, PA

Offer valid until 12/31/2020
Café Hours:
Mon–Thurs. 7:30 am to 3:00pm
Friday 7:30am to 3:00pm
Saturday 9:00am to 3:00pm

BREAKFAST, LUNCH, OUTDOOR DINING

VISIT OUR GALLERY AT CAFÉ THE LODGE

CUSTOMIZED CATERING AVAILABLE
BUSINESS/LUNCHEONS/MEETINGS

CATERING, WITH A CAUSE!
GET $50*

IT’S EASY!
Just join, add a PSECU debit card, and sign up for the digital banking style that works for you.

PSECU.COM/STUDENTS
USE PROMO CODE**: GET50

Official credit union of Lehigh Athletics

*About the Get $50 Bonus: From July 1, 2020 to December 31, 2020, PSECU is running a New Student Member promotion. To receive $50, participants must join during the promotion period and satisfy the promotional requirements within 90 days of establishing membership. PSECU will deposit $50 into the Regular share within 45 days after the requirements are satisfied. $5 is required to open and maintain a Regular share account. This $5 share deposit is also required to be eligible to receive the $50, and the member must be in good standing as defined by PSECU Bylaws Article II, Section 1. A $5 minimum share purchase will be made on behalf of the new member by PSECU. If the member account is closed within the first year of membership, the initial $5 share will be retained by PSECU. The Annual Percentage Yield on PSECU’s Regular share account is .05%. This variable rate is current as of May 18, 2020 and may change. Withdrawals and fees may reduce earnings on the account.

**No purchase necessary. To receive $50, new members (age 18 or older) who attend a college or university identified by PSECU (“New Student Member”) must join PSECU before December 31, 2020 at 11:59 p.m. (ET) with a promotional code, and sign up and be approved for a checking account, a PSECU debit card, and digital banking (online or mobile) account access within 90 days of establishing membership.

***Promo code is only needed for paper applications. When joining through psecu.com/students, a promo code is provided for you.
two transformational workouts under one roof

megaformer
a 50 minute, muscle-quivering, heart-pumping, total body workout

burnlab
indoor cycling reinvented! high-intensity cardio, muscle-sculpting rhythm-based rides

barreform
where results are made

202 w. 4th street  610.625.5300  www.barreform.com
Shaking Up the South Side

ZEST

The Rooftop at 306 South New Street

610.419.4320 • ZESTBETHLEHEM.COM
Jenny's Kuali

102 E. 4th Street
Bethlehem, PA 18015

610.758.8088

jennyskuali.com
jennyskuali@gmail.com

Specializing in Malaysian, Vegetarian & Noodles
Molly's
IRISH GRILLE & SPORTS PUB

NOT JUST ANOTHER BURGER

610-868-1313
@MOLLYSBETHLEHEM

EAST 4TH STREET + NEW STREET
[1 BLOCK FROM LEHIGH UNIVERSITY]
BETHLEHEM, PA 18015
A Fashion Design Studio & Boutique

321 South New St.
Bethlehem, PA
18015

Tel: 484-935-1025
www.larably.com

Contemporary womenswear and accessories

Lara Bly Designs
Visit our Bethlehem store at 9 E 3rd St 610-601-2411

CBD
American Shaman™

RISE AND SHINE

WITH CBGo WATER SOLUBLE
for Energy & Focus

www.AmericanCBDBethlehem.com
fries, cheese & gravy.

THE FLYING V POUTINERIE

201 E. Third St

@flyingvpoutinerie

open late!
GET 20% OFF
with the My College Bookstore App

• Exclusive App Perks
• Store Event Notifications
• Save big with Rental & Digital Textbooks
• Get access to spirit gear promotions, new arrivals & more
• Rental Due Date Reminders & Order Updates

Download & Save Now!
Visit www.appbnc.com

WELCOME TO THE LEHIGH BOOKSTORE

1 Farrington Square, Bethlehem, PA 18015 • (610) 758-3375 • lehigh.bncollege.com

Johnny's Bagels & Deli!
Bagels Sandwiches Soups Salads Hot Lunch Items Coffee and More!
Farrington Square courtyard @ New and Morton Across from the LU Bookstore!
johnnysbagelsanddeli.com

The Bethlehem Dairy Store
Bethlehem's favorite Ice Cream for over 80 years!
Hand-dipped cones, seasonal flavors, and year-round favorites!
Right on Campus! Our Farrington Square location has plenty of shaded outdoor seating, as well as indoor seating!
www.bethlehemdairystore.com
LEHIGH ATHLETICS

TOP 3 THINGS TO KNOW TO CHEER ON THE MOUNTAIN HAWKS

1. ADMISSION IS FREE
   All students get free admission to all events except for football vs Lafayette & men’s basketball vs Lafayette

2. TAKE THE BUS
   The campus connector bus runs to all home events on the Goodman campus

3. MOUNTAIN HAWKS TO FOLLOW
   @LEHIGHSPORTS /LEHIGHATHLETICS
   @LEHIGH_SPORTS
Visit go.lehigh.edu/FYfamilies

For Online Family Orientation Information and additional resources to support your student’s transition!