

## **JOIN THE HALE MAHANA OHANA!**









INDIVIDUAL **LEASING** 



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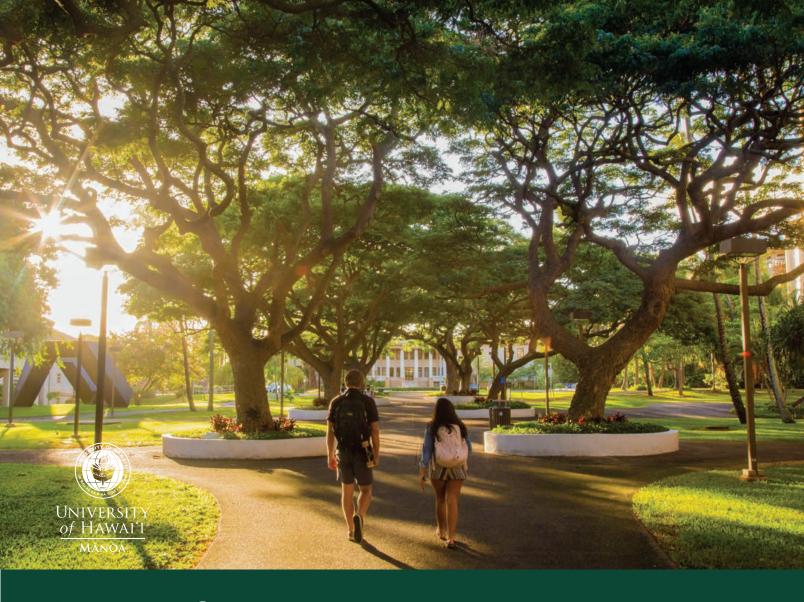
HD CABLE & WIFI



FULLY **FURNISHED** 



AC IN EVERY UNIT



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More updates about our campus can be found at: manoa.hawaii.edu/covid19

The University of Hawai'i at Mānoa Visitor Guide is designed by the Office of Admissions, 2600 Campus Road, #001, Honolulu, Hawaii 96822, (808) 956-7137, published by Momentous Campus Media, 5500 Flatinon Pkwy, #105, Boulder, CO 80301. Copyright 2021. All rights reserved. Material contained herein may not be reproduced without written consent from The University of Hawai'i at Mānoa Office of Admissions and Momentous Campus Media. Every attempt has been made to ensure accuracy in the resource material printed in this magazine. For errors or omission in advertising content, contact Momentous Campus Media, 303-544-1198. The University of Hawai'i at Mānoa does not necessarily endorse, recommend, or approve products and/or services in this publication.

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# Welina Maroa

Welcome to the University of Hawai'i at Mānoa! Students, faculty and staff come from across the nation and the world to take advantage of our unique research opportunities, diverse campus community, nationally ranked Division I athletics program, and beautiful landscape. Consistently ranked "best value" among U.S. colleges and universities, our students receive a strong education at an affordable price.

With the help of this guide, we invite you to take a journey through our campus and learn about our programs, traditions, student life, and much more. We're glad to welcome you to the UH Mānoa 'ohana!

The University of Hawaiʻi at Mānoa is one of the few universities that hold the distinction of being a land-, sea-, sun- and space grant research institution. It is known for its pioneering research in such fields as Astronomy, Cancer Research, Genetics, Linguistics, Oceanography, and Pacific Island and Asian area studies. Other recognized programs include Creative Media, Earth and Ocean Sciences, Engineering, Environmental Law, Health and Medicine, International Business, Nursing,

Tropical Agriculture and Urban Planning. In addition to these recognitions, what makes UH Mānoa a destination of choice is our unique sense of place. This is fostered by a vibrant Hawaiian culture, sense of responsibility, and our valuable location in the heart of the Pacific. You can learn more about our relationship to place and its significance to the Mānoa experience at the links below:

- manoa.hawaii.edu/nhpol
- manoa.hawaii.edu/admissions/visit
- manoa.admissions@hawaii.edu



## Fast Facts

## Land, Sea, Sun & Space

**Grant Designation** 

## Top 1.5%

Ranked among the top 1.5% of nearly 24,000 universities in the world

## Research 1

Designated by the Carnegie Institute

## Accreditation

Western Association of Schools and Colleges (WASC)

## Enrollment 2020

18,025
Total Students

62% Women 38% Men

13:1

Student: Faculty

85% of Faculty with PhD

6.0%

International Students

140

Countries and Regions Represented



## Areas of Study

At the University of Hawai'i at Mānoa, we give you the tools to follow your dreams with a choice of 102 different majors, 89 graduate majors, 57 doctoral degrees, and 5 first professional degrees.

### **UNDERGRADUATE | ADVANCED DEGREE**

## Α

- Accounting
- Adapted Physical Activity
- American Studies
- Animal Sciences
- Anthropology
- Architecture
- Art
- Art History
- Asian International Affairs
- Asian Studies
- Astronomy
- Astrophysics
- Athletic Training
- Atmospheric Science

- Biochemistry
- **Biological Engineering**
- Biology
- Botany
- Business Administration

## C

- Cell & Molecular Biology
- Chemistry
- Chinese Studies
- Civil Engineering
- Classics
- Clinical & Translational Research
- Communication
- Communication & Information Sciences
- Communication Sciences & Disorders
- Communicology (Speech)
- Computer Engineering
- Computer Science
- Construction Engineering
- Creative Media
- Curriculum Studies

### D

- Dance
- Dental Hygiene
- Developmental & Reproductive Biology

- Early Childhood
- Earth and Planetary Sciences
- Earth Sciences (Geology & Geophysics)
- East Asian Languages & Literatures
- Economics
- Education (Teaching)
- Educational Administration
- Educational Foundations
- Educational Policy Studies
- Educational Psychology Elementary Education
- Electrical Engineering
- Engineering Science
- English as a Second Language

- Entomology
- Entrepreneurship
- Environmental Design (Architecture)
- Environmental Earth Sciences (Geology)
- **Environmental Management**
- **Environmental Studies**
- Epidemiology
- Ethnic Studies Exceptionalities

- Fashion Design & Merchandising
- Filipino
- Finance
- Food Science
- Food Science & Human Nutrition

## G

- Geography
- German
- Global Environmental Science

- Hawaiian
- Hawaiian Studies
- Hindi
- History
- Human Development & Family Studies
- • Human Resource Management

- Indonesian
- Information & Computer Sciences
- Information Systems
- Interdisciplinary Studies
- International Business

- Japanese
- Japanese Studies
- Journalism

## Κ

- Khmer (Cambodian)
- • Kinesiology & Rehabilitation Science
- Korean
- Korean Studies

- Landscape Architecture
- Languages and Literatures of Europe and the Americas
- Law
- Learning Design & Technology
- Library & Information Science
- Linguistics

## M

- Marine Biology
- Management
- Management Information Systems
- Marketing
- Marketing Management
- Mathematics
- Mechanical Engineering
- Medical Technology
- Medicine
- Microbiology
- Molecular Biosciences & Bioengineering
- Molecular Biosciences & Biotechnology
- Molecular Cell Biology

- Natural Resources & Environmental Management
- Nursing
- Nursing Practice
- Nutritional Sciences

- Ocean & Resources Engineering
- Oceanography

- Pacific Islands Studies
- Peace Studies
- Philippine Language & Culture
- Philippine Studies
- Philosophy
- Physics
- Plant & Environmental Protection Sciences
- Political Science
- Professional Educational Practice
- Psychology
  - Public Administration
- Public Health

Religion

## S

- Samoan
- Sanskrit
- Second Language Studies
- Secondary Education
- Social Welfare
- Social Work
- Sociology
- South Asian Studies Southeast Asian Studies
- Spanish
- Special Education
- Sustainability

- Travel Industry Management
- Tropical Agriculture & the Environment
- Tropical Medicine Tropical Plant Pathology
- Tropical Plant & Soil Science

- U
- Urban & Regional Planning
- Women, Gender, and Sexuality Studies

## **Pre-Professional Preparation for Advanced** Study:

Audiology Optometry Clinical Psychology Dentistry Dietetics

Pharmacy Physical Therapy Physician Assistant

Podiatry

Public Health

Veterinary Science

Vietnamese

Law Medicine Occupational Therapy

\*Interdisciplinary Studies

## Unsure about your major?

Our Exploratory Programs assist students in selecting a major that aligns their interests, abilities,

Earn your Bachelors & Masters in 5 years! Visit manoa.hawaii.edu/bam for more information.



## Dine Deliciously on a College Budget

**GET FREE MONEY** When You Purchase Dining Dollars!

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## **GET EXCLUSIVE REWARDS!**

Text ManoaDiningDeals to 82257 for Special Discounts and Promotions.









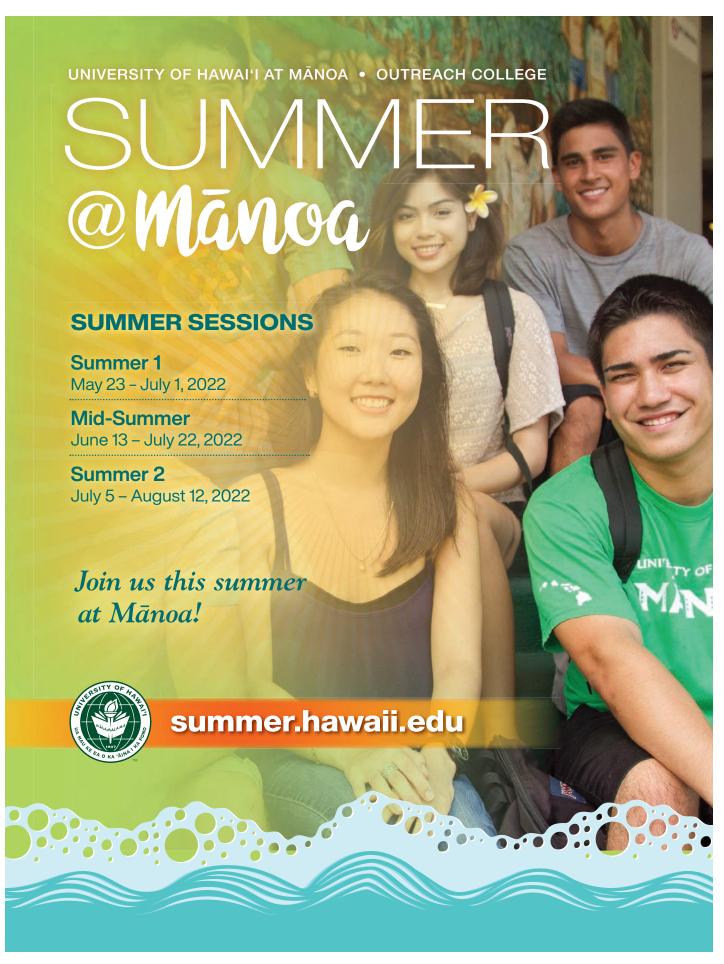














## **Freshman Course Requirements**



**English** 4 Units



3 Units\*



**Social Science** 3 Units



Other **College Prep** 4 Units



**Electives** 5 Units



\*Including Algebra I, II and Geometry. \*Biology, Chemistry, and Physics recommended.

## **Optional Materials**



SAT/ACT Scores



Supplemental Documents

**Class Rank** 

TOP 40% **OF GRADUATING CLASS** 

## **Transfer Requirements**



Resident 2.0 GPA Cumulative

Non-Resident 2.5 GPA Cumulative

Minimum of 24 transferable credits. hawaii.edu/transferdatabase

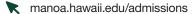
## Important UH Mānoa Deadlines:

We encourage all applicants to apply for priority consideration. Applying by this deadline increases your chance of receiving financial aid and student housing. Certain programs (e.g., Nursing, Social Work, Education, etc.) may have earlier admission deadlines. Please check with the appropriate program for more information.

FALL 2022 January 5, 2022 (Priority\*) March 1, 2022 (Final)

**SPRING 2023** September 1, 2022 (Priority\*) October 1, 2022 (Final)

\*International applicants must meet priority deadlines.









## Living on Campus

If you are looking for an affordable solution that allows you convenient access to classrooms, instructors, and student activities, on-campus housing is the answer. Student housing is home to approximately 3,200 students. Facilities range from traditional residential halls, to co-ed halls, and apartments.

The goal of UH Mānoa's Student Housing Services is to provide students with a residential experience that is supportive of their academic, personal, and social growth. Student housing offers a variety of Residential Learning Programs that maximize the student academic experience while connecting the in-class and out-of-class learning opportunities.

Residential Learning Programs include College of Natural Sciences, Shidler College of Business, Hale Pa'akea, and Rainbow Village along with many more. All residence halls have high-speed internet access. We also have various locations across campus equipped for wireless connectivity.

Living on campus is a fun and memorable experience. You can run down to the Warrior Recreation Center whenever you choose or easily have a late-night study session at the library. Or, you can leave your room ten minutes before class and still be on time. It has also been said that living on campus results in better grades. So if you are looking to make the most of your college experience, live on campus, where you will have the opportunity to get involved and make lifelong friendships.

→ manoa.hawaii.edu/housing



## **How to Apply**

The housing application for new residents is available online:

→ manoa.hawaii.edu/housing/livewithus

## **Residential Dining**

Residents living in the traditional residence halls are required to select and purchase a dining plan from the campus dining services, Sodexo. Residents can dine at either the Hale Aloha or Gateway House cafeterias, which offer a variety of culinary delights, as well as upper campus eateries.

ightarrow uhm.sodexomyway.com

In addition to residential dining, see page 21 for other places to eat on campus.



## Campus Life

More than 200 current *REGISTERED INDEPENDENT ORGANIZATIONS* (*RIOS*) at the University of Hawai'i at Mānoa serve the campus and greater community by providing leadership development for students and by promoting community spirit, activism, public service, and social, recreational, and cultural interaction among UHM students, faculty, and staff.

### → manoa.hawaii.edu/studentlife/studentorg

The ASSOCIATED STUDENTS OF THE UNIVERSITY OF HAWAI'I AT MĀNOA (ASUH) is the undergraduate student government representing all full-time, classified, undergraduate students at the Mānoa Campus. ASUH strives to serve students by advocating on their behalf with various entities, including the university administration, faculty, staff, community groups and government officials. ASUH also serves students by utilizing student fee money to fund diverse student programs and events on-campus.

### →asuh.hawaii.edu

INTRAMURAL SPORTS on campus is a fun way to stay active. Intramural Sports offers a wide variety of recreational activities for the university community. For those with a competitive spirit, you can test your skills in our team and individual sports leagues. Intramural Sports also maintains an equipment checkout service for those students wanting to borrow basketballs, volleyballs, tennis rackets, and various other basic sports equipment.

### → manoa.hawaii.edu/studentrec/intramural/about.html

UH MĀNOA'S LIBRARIES offer resources, services, and expertise to facilitate discovery and the exchange of information. Our libraries also serve as an intellectual, cultural, and social hub for UH Mānoa and the larger community. Library collections include over three million volumes together with microform units, digital files, manuscripts and archives, audiovisual materials, maps and aerial photographs, and current journals and serial titles in paper and electronic formats.

### → manoa.hawaii.edu/library

UH Mānoa also offers great *LEISURE PROGRAMS* that will please those seeking adventure or just a fun activity to enjoy. From hula to sailing, the Leisure Program was designed to provide students and the community with a variety of activities that complement the academic experience. The programs provided are all reasonably priced (with an additional discount to students). The Student Recreation Services Center also rents out tents, surfboards, kayaks and hiking gear.

### → manoa.hawaii.edu/studentrec

The Department of *THEATRE AND DANCE* holds auditions several times a year for their season of plays, musicals and dance performances. The shows perform in the 630 seat Kennedy Theatre mainstage, the 150 seat Earle Ernst Lab Theatre, or in other locations on and off campus. Interested students are also invited to join TaDa, the student theatre and dance club or participate in Late Night Theatre, our student-run theatre company.

### → manoa.hawaii.edu/liveonstage

THE MĀNOA CAREER CENTER provides assistance with student employment, job placement, cooperative education, and internship opportunities. The career counselors will also help you with career planning, including choosing a major, applying to graduate school, refining your interview skills, or reviewing your resume, cover letter, and personal statement. If you are unsure of a career path and want to learn more about your interests and skills, the Mānoa Career Center can help you with career assessments, and career counseling.

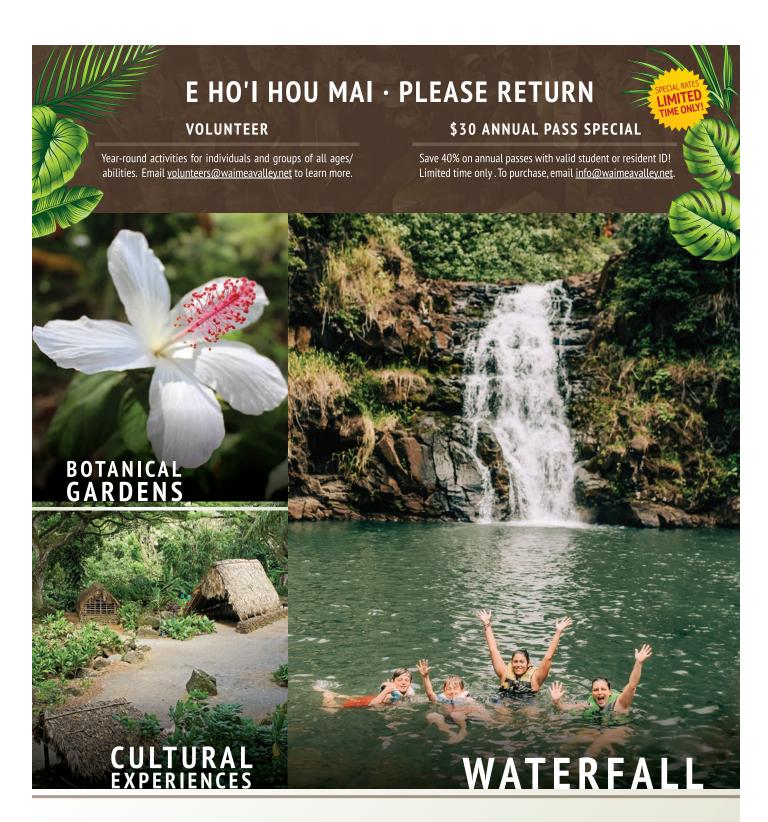
### → manoa.hawaii.edu/careercenter

The student-funded *WARRIOR RECREATION CENTER (WRC)* is approximately 67,000 sq ft and is considered to be one of the best recreational facilities in the state. The two-story WRC boasts a wide array of cardiovascular and weight training equipment, an indoor jogging track, a spin room, Skywalls, locker rooms and showers, and multipurpose courts for basketball, volleyball and badminton.

→ manoa.hawaii.edu/studentrec/fitnesscenter/about.html









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## Keeping our connection strong, virtually.

Don't distance yourself from an UHM-azing opportunity to connect with us at one of our many virtual events. From our Warrior Webinars to virtual college fairs and high school visits, don't miss your chance on learning all the University of Hawai'i at Mānoa has to offer.

## MANOA.HAWAII.EDU/ADMISSIONS/EVENTS









## UH Mānoa Bookstore

Conveniently located on the ground floor of the Campus Center, the UH Mānoa Bookstore is your one-stop shop for textbooks, computer hardware and software, art and school supplies, UH logo items, sundries, and more. The Bookstore regularly features products and services that meet the needs of today's college students. Our textbook rental option is one such developing program, which makes available limited quantities of select textbooks for semester-long use at a fraction of the full price. E-books, digital rentals, and the Interactive Digital Access Program (IDAP) are also economical and fast-growing alternatives to accessing your course reading material.

The Bookstore is proud to be an Apple Authorized Campus Store, with certified staff available to repair your Apple computers and answer your questions. The Bookstore and H-Zone retail outlets (h-zoneonline.com) are the only venues where proceeds from your purchase of "H-logo" clothing and spirit items go to support the University of Hawai'i.

Visit the Mānoa Bookstore website or social media for updated store hours and announcements.

→ www.bookstore.hawaii.edu/manoa

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f facebook.com/manoabookstore





needs, and all the places you'll go.

TecHub offers educational pricing, repairs and service support.

Located in Campus Center, First Floor | www.bookstore.hawaii.edu/manoa | Follow us 🖪 🂆 🎯 @manoabookstore







FEATURED: KAMITOKU RAMEN FOOD TRUCK

## Campus Eats

Vegetable masala or gyro sandwich; an Angus "Warrior" burger or a quiche and salad; a bento box, Hawaiian plate, or a create-your-own fruit smoothie? You'll find these 'ono (delicious) edibles and more just steps away from your classroom on the Manoa campus. There's definitely no lack of places to eat at UH Mānoa, where your tastebuds can find an array of American, Mexican and Asian foods that are delicious, moderately priced, healthy and ready to go.

- → manoa.hawaii.edu/food
- → uhm.sodexomyway.com

If you want to venture off campus, there are many delicious food options and local grocery stores to choose from in the surrounding neighborhoods of Mō'ili'ili and Mānoa. From Indian cuisine in Mō'ili'ili to a French-influenced European-style bakery in Mānoa Marketplace featuring fresh baked breads, pastries, pizzas... you have a multitude of culinary delights to choose from. There is a Safeway and a Long's Drugs nearby, and if you are interested in trying a different type of market,

then you'll want to check out Nijiya Market, a unique Japanese Supermarket located just down the street from the University, which specializes in all-things Japanese. If you are looking for an all-vegetarian and organic alternative, we also have Down-To-Earth, the only ALL VEGETARIAN natural foods store in Hawai'i... located right on University Avenue and King Street.

## **Food Trucks & Vending Machines**

Food Services offers lunch trucks across campus which give great glimpses and tastes of island cuisine. Due to low campus attendance, food trucks are temporarily closed. Please check the Food Services website for any updates and information.

→ manoa.hawaii.edu/food

Vending machines are located across both upper and lower campus and offer a variety of cold beverages, snack and light meal options. Vending machine locations are available online.

→ manoa.hawaii.edu/food/vending-machines

## Self-Guided Tour

Can't make our tour times or simply want to explore the campus on your own? This guide lists locations and buildings on and around campus - check out our campus map on page 24. Join us to explore the Mānoa campus - welina Mānoa!



Scan the QR code for a mobile Campus Tour!





### Queen Lili'uokalani Center for Student Services (QLCSS) (106)

- Office of Admissions (001)
- Office of the Registrar (Records & Registration)
- Commuter Services (Parking)
- Financial Aid Services
- Advising Center for the Colleges of Arts & Humanities and Languages, Linguistics, and Literature
- Mānoa Advising Center
- · Cashier's Office
- Native Hawaiian Student Services
- Mānoa Career Center (Career Development & Student Employment)
- KOKUA Disability Services



### The Quad

Original 4 buildings of UH Campus:

- Hawai'i Hall (Administration) (55)
- Dean Hall (Administration) (23)
- Gartley Hall (School of Social Work) (34)
- George Hall (Communicology, Travel Industry Management, Ethnic Studies) (36)
- Crawford Hall: Academy for Creative Media, Journalism, Communication (21)
- Saunders Hall: Anthropology, Urban & Regional Planning, Political Science, Women's Studies, Sociology, Economics (108)
- School of Architecture (7)



- Sinclair Building: (112)
  - Computer Lab
  - First Year Programs & Honors Program
  - Student Success Center
  - Open 24/7 and food allowed
- Hemenway Hall: (58)
  - Ba-Le Restaurant
  - Dental Hygiene Clinic
  - Ka Leo O Hawai'i Student Newspaper
  - American Savings Bank



## **Campus Center (15)**

- Food Court, Jamba Juice, Pizza Hut Express, Starbucks, Subway
- · Bookstore and H-Zone
- Warrior Recreation Center (WRC)
- The Associated Students of the University of Hawai'i (ASUH) Student Government
- Computer Lab
- UH Federal Credit Union (UHFCU)
- · Ticket, Information, & ID Office



## **Kuykendall Hall & Sustainability Courtyard (77)**

- Kuykendall Hall:
  - English Department
  - Writing Center
- Sustainability Courtyard:
  - Benches and tables made of recycled material
  - Vegan/vegetarian food options



## **McCarthy Mall**

- Webster Hall: School of Nursing (129)
- Art Building (also houses large lecture hall) (9)
- Edmondson: Biology & Marine Biology (25)
- Bilger Hall: Chemistry (also houses 2 large lecture halls), Student Learning Emporium (11)
- Keller Hall: Mathematics (72)



## Hamilton Library, Paradise Palms, & Moore Hall

- Hamilton Library: The largest library in the state, research materials, airconditioned, computer lab, and art gallery (53)
- Paradise Palms: Dunkin Donuts, Holoholo Grill, Panda Express, L&L Hawaiian Barbecue, and Le Crepe Cafe (96). Due to low campus attendance, some of these locations may be temporarily closed. For any updates and a list of open locations, visit the Food Services website at:
  - → manoa.hawaii.edu/food
- Moore Hall: Languages, Linguistics & Literature, and Study Abroad Center (86)



## **University Health Services Mānoa (57)**

- General Medical Clinic: Dermatology, Nutrition, Psychiatry, Sports Medicine
- Pharmacy
- Women's Health Clinic
- Laboratory
- Immunizations



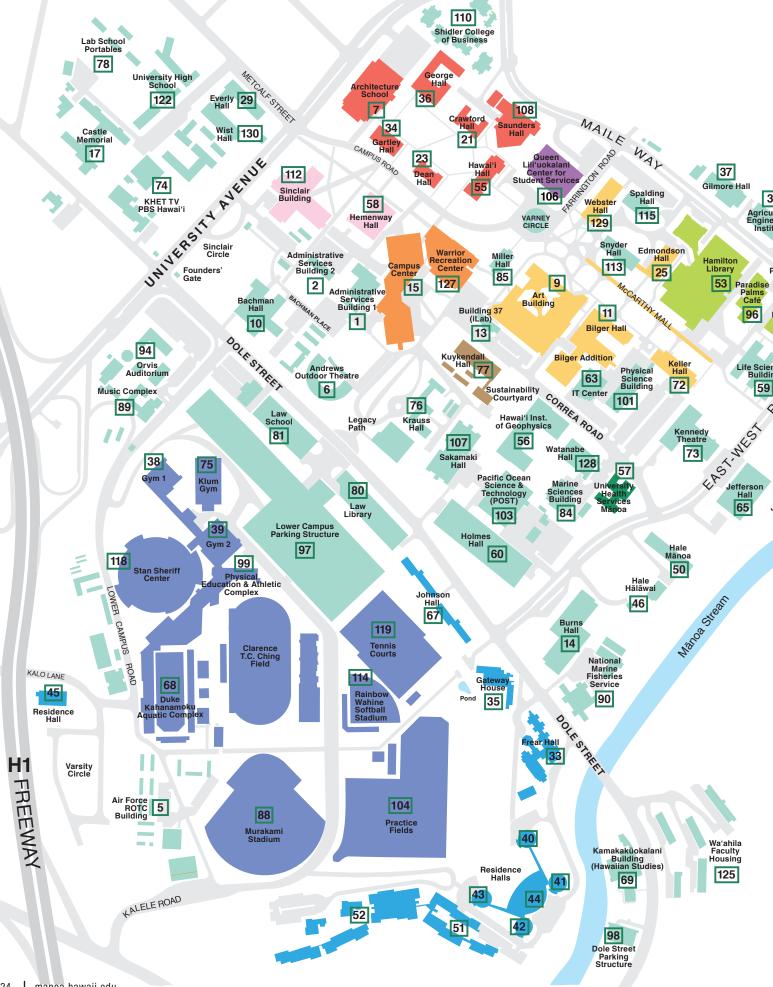
### **Student Housing Services**

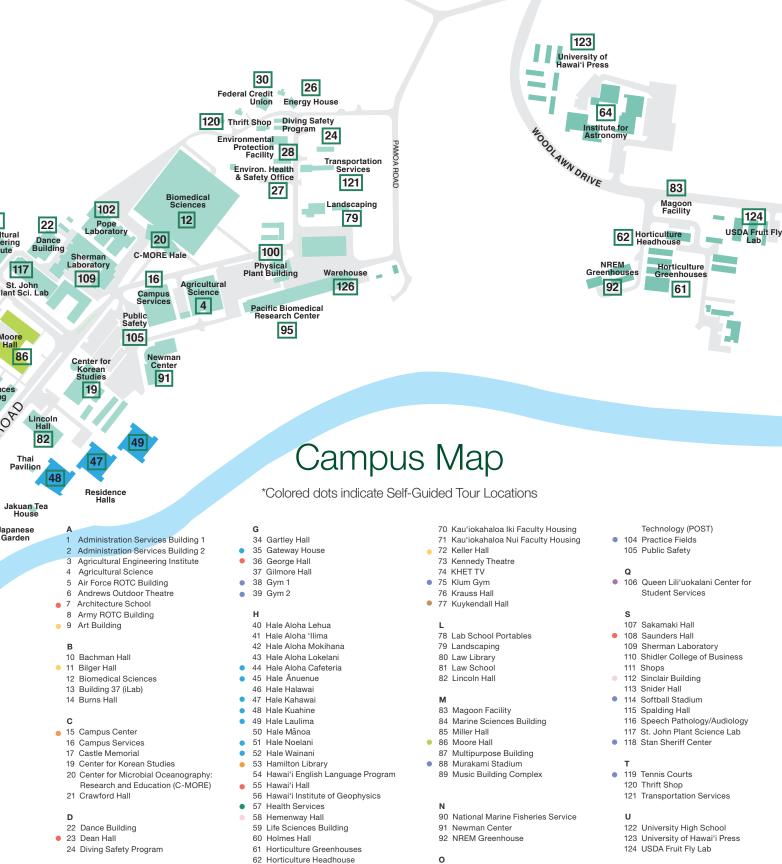
- 10 Residence Halls, 2 Apartment Buildings
- Residential learning programs available



### **Athletics**

- Clarence T.C. Ching Field
- Duke Kahanamoku Aquatic Complex (39)
- Murakami Stadium (88)
- Practice Fields (104)
- Rainbow Wahine Softball Stadium (114)
- Stan Sheriff Center (118)
- Tennis Courts (119)





63 Information Technology Center

66 John A. Burns School of Medicine

64 Institute for Astronomy

65 Jefferson Hall

67 Johnson Hall

68 Kahanamoku Pool

Hawaiian Studies

69 Kamakakūokalani Center for

25 Edmondson Hall

26 Energy House

Offices

29 Everly Hall

33 Frear Hall

30 Federal Credit Union

27 Environmental Health and Safety

28 Environmental Protection Facility

31 Financial Management Office

32 Food Science and Technology

93 Office of Procurement and Real

Pacific Biomedical Research Center

Parking Structure (Lower Structure)

Physical Education Athletic Complex

Parking Structure (Dole Street)

Property Management

Paradise Palms Cafe

100 Physical Plant Building

102 Pope Laboratory

101 Physical Science Building

103 Pacific Ocean Science and

94 Orvis Auditorium

manoa.hawaii.edu

125 Wa'ahila Faculty Housing

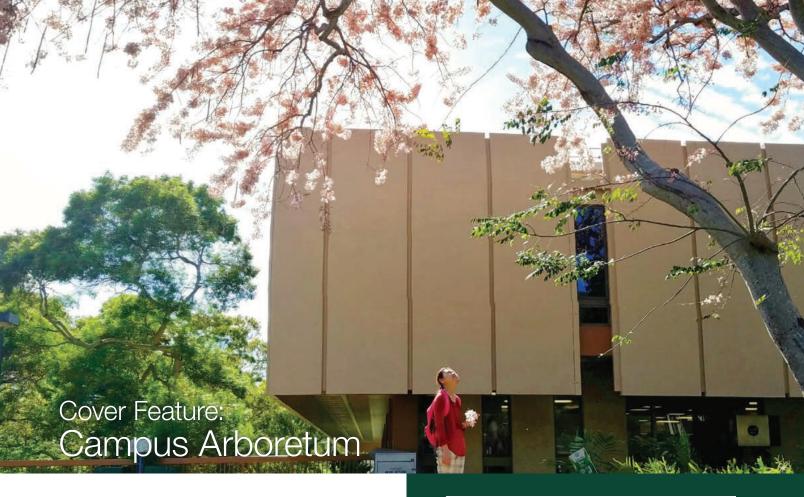
127 Warrior Recreation Center

126 Warehouse

129 Webster Hall

130 Wist Hall

128 Watanabe Hall



In 1914, shortly after the construction of Hawai'i Hall, attention turned toward developing the campus, about 20 acres, into a botanical garden. By 1918, approximately 500 different plants many from Hawai'i, Asia and the Americas - had been added to the grounds.

In 2016, the campus was formally accredited as an arboretum through the international ArbNet program. In the intervening century, academics, landscapers, students, staff, and visiting dignitaries added plants from throughout the Pacific and across the world. Today, the UH Mānoa campus has grown to about 320 acres and includes over 5,000 plants in over 900 taxa, including a number of Exceptional Trees, such as the largest Baobab in the United States. The Campus Arboretum works with Landscaping Services to develop the potential of unique woody flora of Hawai'i and the tropics by serving as a natural history collection for education and research, supporting service activities of the University of Hawai'i, and encouraging use by the broader community.



You can virtually explore our unique collection of plant diversity throughout campus on our interactive map available at:

→ map.hawaii.edu/manoa

Accession #

Common Name

## Scientific Name

FAMILY

Family Common Name

Special Collection

Origin/Distribution Range

Polynesian

Cosmopolitan

**IUCN Status** 

## DID YOU KNOW?

Each plant on campus has a sign that provides the information on the white panel above. The colors below are the various signage colors: blue indicates a plant is Polynesian introduced, green is for plants either indigenous or endemic to Hawai'i, and brown represents recent human-introduced plants.

O Follow us on Instagram! @campusarboretum



**Campus Arboretum** uhmtrees@hawaii.edu 2525 Maile Way Honolulu, HI 96822 (808) 956-8297

# Hawaii Student Suites

The largest locally owned and operated provider of off-campus student housing in Hawaii.

Voted Best of UH 2015 and Winner of The Best of Honolulu Award 2018 for Student Housing!



## KALO TERRACE STUDENT SUITES

Wish you could roll out of bed and walk to class? Our classic 4BR/2BA apartment style student residences at

Kalo Terrace are a 2 block walk from UHM and major bus routes. Each unit comes furnished with full sized kitchens. Enjoy an onsite swimming pool, community BBQ area, coin operated laundry facilities, parking, and more.

• 1054 Kalo Place, Honolulu

**WAIKIKI VISTA** 

**STUDENT RESIDENCES** 



Take in the panoramic views at Waikiki Vista! It's in the perfect location - only one mile from the beach and an 11 minute bus commute to UHM. Enjoy premium amenities like weekly room cleanings, complimentary bedding/linen packages, AC, coin operated laundry facilities, parking, and full access to the 19th floor student lounge equipped with a community kitchen and dining area, entertainment, and games.

• 2241 Kapiolani Boulevard Honolulu

- ➤ All properties are gated with 24/hr on-call staff assistance, in addition to recording video surveillance cameras.
- > Rates include the following: all taxes, utilities (electric, gas, water, sewer, trash) and High-Speed Wi-Fi.
- > Student Life Events like movie nights, hikes, catered socials, water sports events, and other fun activities are planned and hosted for your enjoyment!



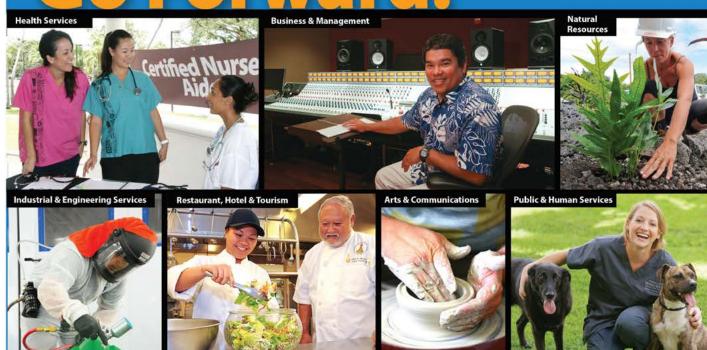
808-952-5377 hawaiistudentsuites@hihltd.com

**f** HawaiiStudentSuites

(O) @hawaiistudentsuites



## Apply online at uhcc.hawaii.edu



## Transfer to Mānoa with an Associate in Arts Degree

The University of Hawai'i Community Colleges' liberal arts curriculum and some of the occupational, technical and professional courses are designed to help you transfer easily to a four-year university.

Transfer students who meet all admission criteria and have earned an Associate in Arts (AA) degree from a UH Community College will be admitted to UH Mānoa as having fulfilled the UH Manoa general education core requirements. However, admission criteria to specific programs may vary.

Learn more about all your transfer options and programs at uhcc.hawaii.edu.



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## UNIVERSITY OF HAWAI'I COMMUNITY COLLEGES

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Website: www.hawaii.hawaii.edu College Admissions Office: (808) 934-2710

Located in Hilo and administering Kona's UH Center at West Hawai'i, this Big Island community college offers more than 30 associate degree, certificate and non-credit programs ranging from health services and hotel operations to business and trades.





Website: www.honolulu.hawaii.edu College Admissions Office: (808) 845-9129

Honolulu CC is located near downtown Honolulu with additional off-site facilities for aeronautic, marine, automotive and heavy equipment programs. Honolulu CC offers a strong liberal arts curriculum in addition to a wide range of vocational and technological programs.





Website: www.kapiolani.hawaii.edu College Admissions Office: (808) 734-9555

On the slopes of Diamond Head, just minutes from Waikiki, UH's largest community college started the Culinary Institute of the Pacific, promotes an international focus and provides programs in business, hospitality, health, legal education and arts and sciences.





Website: www.kauai.hawaii.edu Admissions Office: (808) 245-8225

A primary resource center and gathering place for the island's residents and visitors, this community college in Lihu'e offers business, culinary, hospitality, health, early childhood education, automotive, and liberal arts courses, and administers the UH Center on Kaua'i.





Website: www.leeward.hawaii.edu Admissions Office: (808) 455-0642

Located in Pearl City, Leeward CC offers strong liberal arts programs in performing, visual and digital arts, as well as math and sciences. Other programs include business, computer networking, culinary arts, TV production, engineering, automotive, teaching and pre-allied health. Leeward CC also operates a satellite campus on the Wai'anae Coast.





Website: www.maui.hawaii.edu Admissions Office: (808) 984-3267

A tri-island college, Maui provides comprehensive opportunities, special programs and three bachelor's degrees on Maui. It operates the UH Center on Maui, education centers in Hana and on Lāna'i and Moloka'i and a pioneering television network that reaches rural areas.





Website: www.windward.hawaii.edu Admissions Office: (808) 235-7432

At the base of O'ahu's Ko'olau mountains in Kāne'ohe, this community college offers the liberal arts degree and specializes in the performing and visual arts, environmental sciences and Hawaiian studies. It is home to the Hawai'i Music Institute and Atelier Hawai'i, and has the only Veterinary Technology degree program in the state.

## Athletics & Band

Athletics and the UH Band programs are big traditions at the University of Hawai'i at Mānoa. Approximately 450 student athletes compete on 21 NCAA Division I teams with an additional 300 students performing in marching and concert bands. With your valid student ID, gain free access to UH athletic games on campus as well as admission to Aloha Stadium for Warrior Football.

- → hawaiiathletics.com
- → uhbands.org



## ATHLETICS (NCAA DIVISION I)

hawaiiathletics.com

### **MEN'S SPORTS**

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Golf

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Cross Country
Golf

Sailing Soccer Softball

Swimming & Diving

Tennis

Track and Field Volleyball Water Polo

### **COED SPORTS**

Cheerleading Sailing

## BAND uhbands.org

### **CONCERT BANDS**

Wind Ensemble Symphonic Band Concert Band Fall Band Summer Band Chamber Groups Jazz Ensemble

### **MARCHING BAND**

Pep Bands UH Drumline UH Color Guard Rainbow Dancers

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## Special Programs & Unique Opportunities

If you're looking to enhance your experience at UH Mānoa, you'll want to check out these programs and services that will help you create a positive social and academic support network on campus.

THE BACHELOR'S AND MASTER'S (BAM) Degree Program gives you the opportunity to graduate with both your Bachelor's and Master's degree within 5 years!

→ manoa.hawaii.edu/bam

HONORS PROGRAM is something to consider applying for if you're a talented and motivated undergraduate! The Honors Program provides intimate, personalized educational experiences through small classes, dedicated advising and faculty-guided independent projects of research or creative expression.

→ manoa.hawaii.edu/undergrad/honors

FIRST YEAR PROGRAMS (ACE) creates learning communities called ACE clusters, in which groups of freshmen take 3-4 classes together. Freshmen meet weekly with their Peer Mentor to go over college success skills and facilitate social interaction to promote a smooth transition from high school to college.

→ manoa.hawaii.edu/undergrad/freshman

STUDENT SUCCESS CENTER is a one-stop shop for your academic needs and offers you services ranging from tutoring to advising to study groups to writing project assistance and supplemental instruction groups for challenging courses. It's a place where you can work with faculty, librarians, mentors, and tutors to meet your individual learning needs.

→ manoa.hawaii.edu/undergrad/ssc

SERVICE LEARNING PROGRAM provides students with the opportunity to volunteer in your community in meaningful ways while furthering their education.

→ manoa.hawaii.edu/undergrad/servicelearn

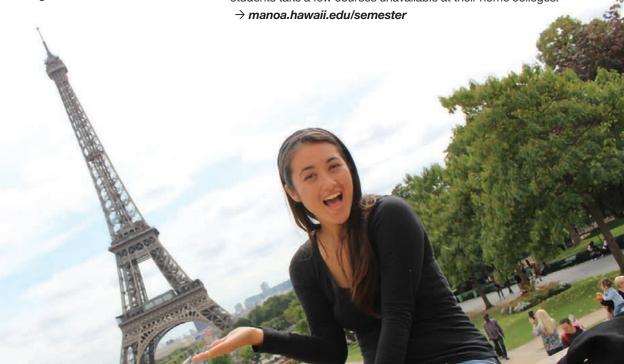
THE NATIONAL STUDENT EXCHANGE PROGRAM allows students to study at another institution while maintaining their UH Mānoa status. Students can select from 170 colleges and universities throughout the U.S., Canada, Puerto Rico, Guam, and the U.S. Virgin Islands, and study there for a year while paying either the UH Mānoa tuition or the resident tuition of the host school.

→ hawaii.edu/diversitv/nse

STUDY ABROAD AND MANOA INTERNATIONAL EXCHANGE offers summer, semester, and year-long programs of study in Asia, Australia, Europe, the Pacific, and South America. Or you can create a self-designed study abroad program in countries where UH Mānoa does not have an existing one. If you are interested, you can study in far off locales such as Argentina, Denmark, England, France, Italy, Japan, Spain, Russia, Brazil, and New Zealand...to just name a few!

- → manoa.hawaii.edu/international/study abroad
- → manoa.hawaii.edu/mix

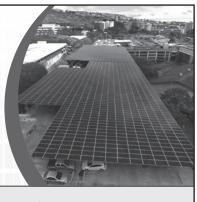
A SEMESTER IN HAWAI'I (ASH) lets you explore diverse cultures, study extraordinary courses, and live on a tropical island of unsurpassed natural beauty. ASH provides an exciting academic experience through the university's vast array of courses and offerings. Students may enroll in any available course at UHM as long as prerequisites are fulfilled. Most students take a few courses unavailable at their home colleges.



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Rave Guardian



STEP 1: Search for RAVE GUARDIAN in your app store.

Download app and log in with your hawaii.edu email to configure your account to UH Mānoa settings.

STEP 2: You're now a Mānoa Guardian! Use your app to...



### **CALL OR TEXT UH MÂNOA DPS**

Report a crime or suspicious activity by clicking the CALL UHM DPS button to place a phone call, or select **SUBMIT TIP** to send a text message. You can even attach a photo with your tip.



### **SET A SAFETY TIMER**

Walking alone on campus? Set a SAFETY TIMER to notify Guardians (selected contacts or DPS officers) where you're going. If your safety timer expires before you deactivate it, your Guardians will be notified.



## **VIEW EMERGENCY INFORMATION**

Click on **CONTENT DIRECTORY** to view emergency response procedures and other important information. The CALL DIRECTORY button hosts phone numbers for the Campus Safety Escort and important UH Mānoa offices

STEP 3: Ask friends to join and grow the Guardian network!

manoa.hawaii.edu/dps/manoaguardian.html f 🍑 @UHManoaSafety





## Transportation & Health Services

### PUBLIC TRANSPORTATION

As a benefit of paying dues, UH Mānoa students (except medical, law, and Outreach College students) receive stickers for their IDs known as UPASS, which is good for unlimited rides on the O'ahu-wide city bus system, TheBus. There is no need to have a car when students can take TheBus to Waikīkī (26 minutes away), Ala Moana Shopping Center (20 minutes away), and the North Shore (approx. 2 hours away). For questions on routes, call TheBus customer service at (808) 848-5555 (ext. 2) daily from 5:30 am - 10:00 pm HST. Find routes and timetables on their website!

→www.thebus.org

Download the free "DaBus" app

### RAINBOW SHUTTLE

For getting around campus and the vicinity, Commuter Services provides the Rainbow Shuttle service free to the entire UH Mānoa community. The shuttle operates weekdays during the Fall and Spring semesters. Routes and schedules are available online! The Rainbow Shuttle service has been suspended for the Fall 2021 semester. Check the Commuter Services website for more updates.

- → manoa.hawaii.edu/commuter
- → Download the free "UHM Shuttle" app

### UNIVERSITY HEALTH SERVICES MĀNOA

The clinic, pharmacy, and clinic laboratory are staffed by physicians, nurse clinicians, nurses, and other support staff. A wide range of medical services and programs are offered, including general medical care on a walk-in basis. Other health services, offered by appointment, include women's health, sports medicine, psychiatry, and dermatology clinics. The clinic is open Monday through Friday 8:00 am to 4:00 pm.

→ hawaii.edu/shs

### **BICYCLING**

As with many university campuses, the demand for parking spaces at UH Mānoa is greater than the supply. Bicycle parking is always free in the 50+ campus bicycle rack, plus there are three bike repair stations, and bikeshare options to help you reach your destination. For those at greater distances from the campus, you can combine a bus and bike commute. Each city bus and Rainbow Shuttle is equipped to carry at least two bikes. You may also sign up on our website for access to the free secured bike cage in the Zone 20 parking structure. Moped/motorcycle, carpool, and both day and evening permits for students and employees are all available online for purchase.

→ manoa.hawaii.edu/commuter



## **UH Mānoa** Department of Public Safety (DPS)

### MĀNOA GUARDIAN

Mānoa Guardian is one of the best ways to improve your personal safety by allowing easy communication with DPS and others within your own safety network. Free to download from the App Store or the Google Play store. Search for "Rave Guardian." Download the app to protect yourself and others:

- → manoaguardian.com
- Set a Safety Timer. Notify DPS or others you trust to check in on you if you are alone or in an unfamiliar place.
- Easy Emergency Communication. Call or send a text message to DPS to report a crime or suspicious activity. You can even send a photo with your tip.
- Important Emergency Information. The app includes direct phone numbers for the Campus Safety Escort and important UH Mānoa offices. You can also view emergency plans and procedures.

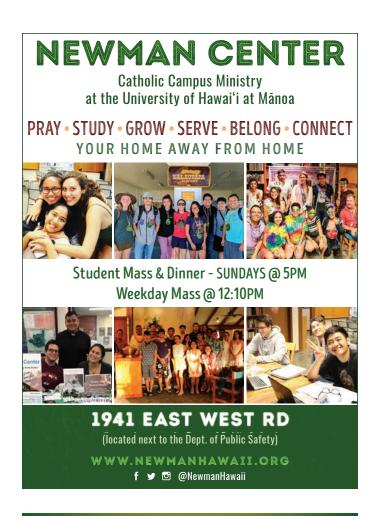
### UH MĀNOA DEPARTMENT OF PUBLIC SAFETY (DPS)

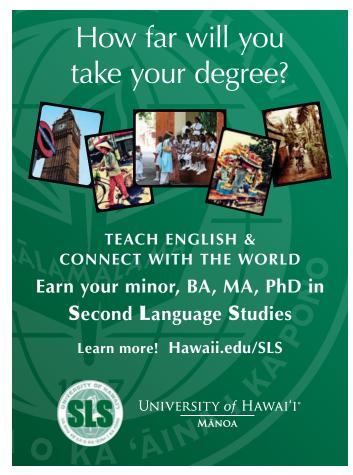
The UH Manoa Department of Public Safety is dedicated to providing and promoting a safe and secure campus, and serving our community with aloha. DPS operates 24 hours a day, 7 days a week, to patrol and respond to reports of crime or suspicious activity on UH Mānoa campus. DPS also offers a variety of online, virtual crime prevention and awareness programs, which are available through the department's Community Policing Unit. Students can sign up for these sessions on the DPS website. DPS has historically provided a safety escort service from dusk until dawn for anyone walking alone on campus at night, but this service has been suspended due to COVID-19 social distancing requirements.

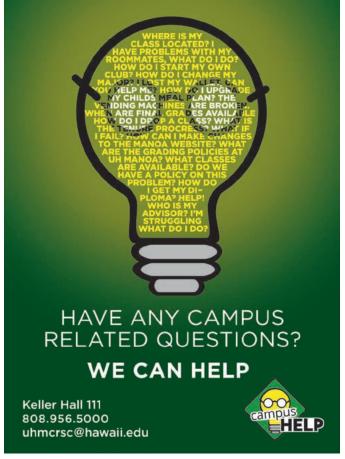
To report an incident or request officer assistance, please call (808) 956-6911.

→ manoa.hawaii.edu/dps











# Uniquely Hawai'i



 Native Hawaiians lived in Hawaii for over one hundred generations with various island kingdoms.
 In 1810, Kamehameha I united all the islands under a single Hawaiian Kingdom.



 'lolani Palace is the only royal palace in the U.S. and had electricity five years before the White House and 17 years before Buckingham Palace.



 Duke Kahanamoku was a Kanaka Maoli (native Hawaiian) and a five-time Olympic medalist in swimming. He was also the world's best-known surfer and set the standards of modern day surfing.



 O'ahu was divided into six moku (districts).
 Moku were used to govern the management of underground water resources: 'Ewa, Ko'olauloa, Ko'olaupoko, Kona, Wai'anae, and Waialua.



• Each moku was divided into ahupua'a (wedge shaped land division extending from land to sea,) a total of 80 on O'ahu. The moku and ahupua'a system were designed for the most efficient food sustainability and land management.



 There are two mountain ranges on O'ahu; Ko'olau Mountains and Wai'anae Mountains.



#### Hawaiian & English

'Ōlelo Hawai'i experienced a dramatic decline in the 20th century due to an English-only policy for all schools in Hawai'i. Today, Hawaiian language is recognized as an official language and the number of those who can speak Hawaiian has grown steadily in homes and in schools.

#### HAWAIIAN ALPHABET:

There are only 13 letters in the Hawaiian alphabet:

## <sup>6</sup>AEIOUHKLMNPW

STATE MOTTO:

"Ua mau ke ea o ka 'āina i ka pono."

"The life of the land is perpetuated in righteousness."



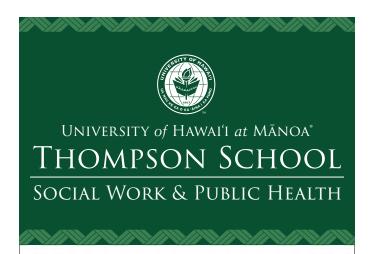
Nolan Omura
Honolulu, Hawai'i
Civil Engineering Major

"My favorite thing about attending UHM is the location and the people. Not only are you able to get an education, you get to live in one of the most beautiful places in the world as well as meet lifelong friends."

FOLLOW HIS ADVENTURES ON INSTAGRAM

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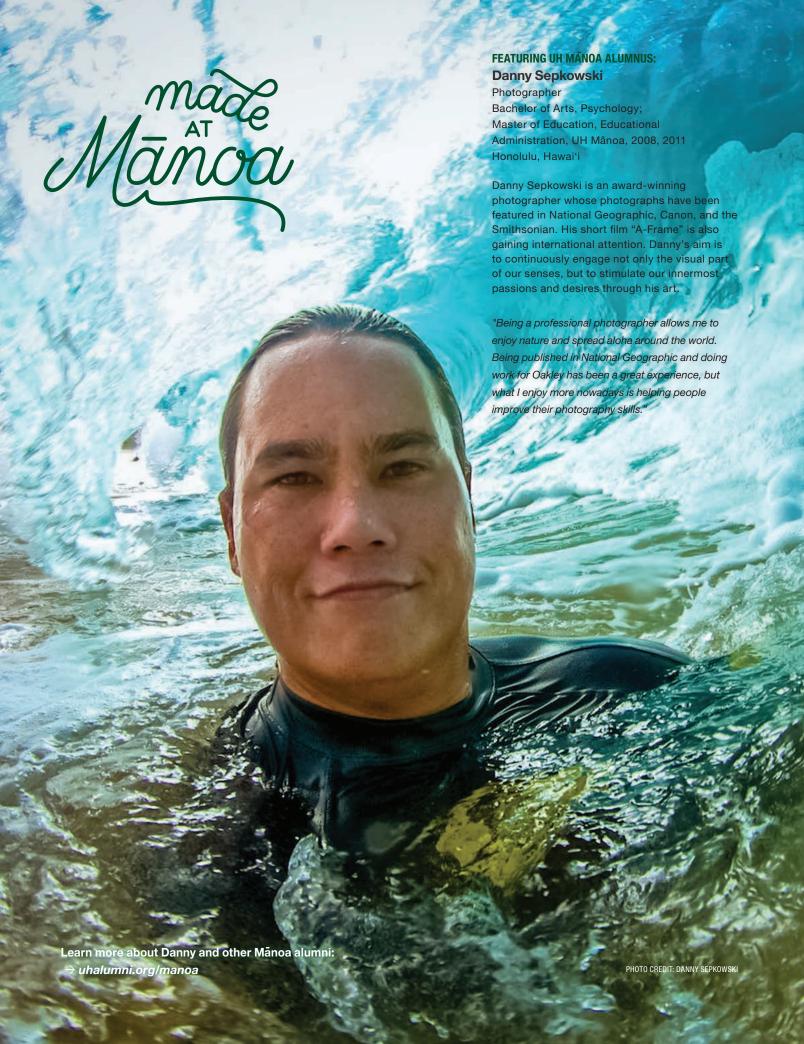
manoa.hawaii.edu/thompson





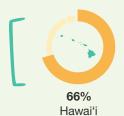








The University of Hawai'i at Mānoa has over **201,000 alumni** living in dozens of countries around the world! Here are a few fun and interesting facts about our UHM-azing alumni around the globe.



33%

Mainland

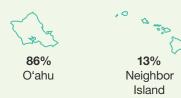
1%

Abroad





Alumni in Hawai'i



Alumni in U.S. Regions



2%

Top 5 U.S. States in which alumni reside (excluding Hawai'i)

Top 5 Countries in which alumni reside (excluding U.S.)



Top 5 U.S. Cities in which alumni are employed

Honolulu, HI San Francisco, CA Los Angeles, CA
21% 5% 4%

Seattle, WA New York City, NY
3% 5%

# Top Companies in which alumni are employed

Amazon Nordstrom
Bank of Hawaii State of Hawaiii
Hawaii State DOE U.S. Geological
Kaiser Survey
Korean Air

#### Top 5 U.S. States Majors



Liberal Arts 11,444



Accounting 5,663



Psychology 5,599



Elementary Education 5,315



Nursing 3,965





Don't put off packing for college until the last minute. Spend a little time each week preparing and collecting everything you'll need to be happy, comfortable, and readyto-go when you move into your new place. If you leave it for the last minute, you'll hit steeper prices, limited options, and a lot more stress.

## Here are some ideas to help you pack

- Make lists to help you stay organized.
- Find free boxes at local stores, or ask friends and family.
- Get storage that will fit under your bed. Find something with wheels for easy access.
- Pack a trunk for multi-purpose use. You'll have handy storage that can double as an extra table or bench seat in your room!
- Rolling clothes instead of folding them takes up less space in your luggage.
- Wrap breakable items in clothes or socks.
- Remember to label all of your boxes as you pack.

- Keep clothes on their hangers to make unpacking fast and easy! Cover with large garbage bags to keep your clothes organized and protected.
- Use shower curtain hooks on hangers for scarves, belts, and other smaller items to save space in your closet.
- Keep some essentials aside and pack them into a small overnight bag. You'll have easy access in case you don't get everything unpacked right away.
- Pack your backpack with school supplies like notebooks and pens – so you're ready to go on your first day of class.

Organization is key!

Sponsored content brought to you by MOMENTOUS CAMPUS MEDIA

## Crossword Break 14. Study in Japan, France, Spain, and more through this 2. Complete this application to be eligible for Financial Aid! 5. The Office of Admissons is housed in this buildling program! 15. In addition to Mānoa's Division I sports, students can (acronym). 7. The Theatre offers a full array of student led participate in\_\_\_\_teams performances. 8. UH Mānoa students receive these stickers for their IDs Down , which is good for unlimited rides on the 1. Through the National Student\_ \_, students can study Oʻahu-wide city bus system, TheBus. at an out-of-state institution for UH tuition. Shuttle helps students travel around campus Year Programs, like ACE, are learning communities and the Manoa area. for incoming freshmen. 10. If you are a motivated student that strives for good grades, Organizations on 4. There are over 200 Registered \_\_\_\_ consider this program. campus for students to join 11. Garland of flowers that is worn around the neck and it is 6. Rent tents, kayaks, surfboards, and hiking gear here! customary on special occasions. 12. Fall applications are due on the 5th of this month. 13. The Warrior \_\_\_\_\_Center is UHM's on-campus, studentfunded fitness center! Across Answers: 2) FAFSA, 5) QLCSS, 7) Kennedy, 8) UPASS, 9) Rainbow, 10) Honors, 11) Lei, 13) Recreation, 14) Study Abroad, 15) Inframural Down Answers: 1) Exchange, 3) First, 4) Independent, 6) Leisure Center, 12) January

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# Campus Traditions

#### TEAM NAMES

Rainbow Warriors (men) & Rainbow Wahine (women)

#### THE RAINBOW

Before 1923, UH teams were nicknamed the "Deans." Then in the final game of the 1923 season, UH head coach Otto Klum's squad upset Oregon State, 7-0, at Moʻiliʻli Field. During the game, a rainbow appeared over the field. Reporters started calling UH teams the Rainbows, and the tradition began that Hawaiʻi would not lose a game if a rainbow appeared.

#### THE WARRIOR

The Warrior holds an honored place in Hawaiian history for it was the warrior who united the Hawaiian Islands under Kamehameha the Great. The Hawaiians expected the warrior to display great strength, skill and a fighting spirit.

#### THEME SONG

The famous and iconic Hawai'i 5-0 theme song is played at all sporting events.

#### THE WARRIOR CHANT

The Warrior Ha'a - a traditional Māori dance, the Warrior football team performs their version of the ha'a 20 minutes before every game.

#### WELINA MĀNOA

An annual event that takes place on the first day of school to officially welcome incoming Rainbow Warriors to the University of Hawai'i at Mānoa. Welina Mānoa gathers campus organizations, student resources, and more so that students can fully connect to campus.

#### **HOMECOMING**

Held every fall semester, Homecoming comprises week-long festivities that include a Homecoming Fair, Wahine (Women's) volleyball game, the Homecoming football game, class reunions and special performances, exhibits, and lectures across campus.

#### THE GIFT OF LEI

One of the most unique experiences of living in Hawai'i and being a student at UH Mānoa is the cultural tradition of lei giving at graduation and on senior night at all of our athletic events. As a celebratory and congratulatory gesture, the tradition of lei giving goes back centuries and is firmly rooted in Hawaiian culture. A lei is a garland of flowers that is worn around the neck and it is customary on special occasions to "lei" the person or individuals who are being honored. Graduation and senior night is a fun and very colorful experience unlike any other!





# THE 108TH SENATE WELCOMES YOU



The Associated Students of the University of Hawai'i at Mānoa (ASUH) is the undergraduate student government representing all full-time, classified, and undergraduate students at the Mānoa Campus.



Funding Opportunities

## **ASUH SCHOLARSHIPS**

Full-time classified undergraduates can apply for any of our scholarships and awards every Fall and Spring semesters.



asuhuaa@hawaii.edu

#### RIO FUNDING

Registered Independent Organizations (RIOs) on campus can apply for funding from ASUH.



asuhrio@hawaii.edu

Get Involved

### JOIN THE ASUH SENATE

Interested in serving the student body?

Join the Senate by running in our General Elections offered each Spring! Special Elections to fill vacancies are also held during the Fall and Spring semesters.

- SERVE ON A CAMPUS-WIDE COMMITTEE
- BE AN ASUH STUDENT COURT JUSTICE

Want to be part of mobilizing change, but with a focus? Represent our students on a campus-wide committee as a student delegate or serve on our ASUH Student Court.

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