



Aloha

UNIVERSITY of HAWAI'I®
MĀNOA

VISITOR'S GUIDE 2022-2023

Pictured: Life Sciences Building | Photo Credit: Oliver Koenig (G70)

p.17

UH's Translational
Health Science
Simulation Center

p.22

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campus tour
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Welina Mānoa

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 Hawai'i 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%

Ranked among the top 1% of nearly 24,000 universities in the world

Research 1

Designated by the Carnegie Institute

Accreditation

Western Association of Schools and Colleges (WASC)

Enrollment 2021

19,098
Total Students

65%
Women

35%
Men

6%
International
Students

128
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

A

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

B

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

C

- Cell & Molecular Biology
- Chemistry
- Chinese
- 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
- Dietetics

E

- 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
- English as a Second Language

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

F

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

G

- Geography
- German
- Global Environmental Science

H

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

I

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

J

- Japanese
- Japanese Studies
- Journalism

K

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

L

- 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
- Music

N

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

O

- Ocean & Resources Engineering
- Oceanography

P

- 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

R

- Religion

S

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

T

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

U

- Urban & Regional Planning

V

- Vietnamese

W

- Women, Gender, and Sexuality Studies

Pre-Health and Pre-Law Advising:

- | | |
|----------------------|---------------------|
| Dentistry | Optometry |
| Law | Pharmacy |
| Medicine | Physical Therapy |
| Nursing | Physician Assistant |
| Occupational Therapy | |

Unsure about your major?

manoa.hawaii.edu/undergrad/exploratory

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**May 22 -
August 11**

**Summer 1:
May 22-June 30**

**Summer 2:
July 3-August 11**

**Midsummer:
June 13-July 21**

Summer Sessions 2023 at UH Mānoa



Undergraduate courses: \$471 per credit

Graduate courses: \$650 per credit


Student fees: \$87 per session

All students pay the resident tuition rate during the summer!

Non-residents save \$2,754 per 3-credit course.

WUE students save \$706 per 3-credit course.

 summer.hawaii.edu

 Questions? Contact us at summer.sessions@hawaii.edu or (808) 956-7221

The University of Hawai'i is an Equal Opportunity/Affirmative Action Institution





Getting Started

Freshman Course Requirements



English
4 Units



Math
3 Units*



Science
3 Units**



Social Science
3 Units



**Other
College Prep**
4 Units



Electives
5 Units



**Competitive/
Strong GPA**

*Including Algebra I, II and Geometry.

**Biology, Chemistry, and Physics recommended.

Optional Materials



SAT/ACT Scores



Letters of Recommendation



Personal Statement

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 2023

January 5, 2023 (Priority*)
March 1, 2023 (Final)

SPRING 2023

September 1, 2022 (Priority*)
October 1, 2022 (Final)

*International applicants must meet priority deadlines.



manoa.hawaii.edu/admissions






manoa.admissions@hawaii.edu

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Aloha Aloha



the market

Gateway Cafe





HAWAII HALL

Investing in Your Future

Consistently recognized as one of the best values in undergraduate college education in the United States, UH Mānoa offers a variety of financial assistance including grants, scholarships, loans, work-study, and student employment.

 hawaii.edu/fas

 finaid@hawaii.edu

Total Annual Investment			
	RESIDENT	WUE	NON-RESIDENT
TUITION	\$11,304	\$16,956	\$33,336
UNIVERSITY FEES	\$882	\$882	\$882
BOOKS & SUPPLIES	\$1,350	\$1,350	\$1,350
ROOM & BOARD	\$13,642	\$13,642	\$13,642
PERSONAL EXPENSES	\$2,742	\$2,742	\$2,742
TOTAL	\$29,920	\$35,572	\$51,952

The cost of attendance is designed to provide students with projected costs to attend for an academic year. The totals listed above are subject to change upon approval by the Board of Regents.

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 residence halls, to suite-style residence halls, to 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/apply

Residential Dining

Residents living in 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.

→ uhm.sodexomyway.com

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



Campus Life

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/rio.php

The *ASSOCIATED STUDENTS OF THE UNIVERSITY OF HAWAII 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 check-out 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 *UNIVERSITY HEALTH SERVICES MĀNOA* includes a clinic, pharmacy, and clinic laboratory 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

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



UH MĀNOA COMMUTER SERVICES

The University of Hawai'i at Mānoa welcomes nearly 25,000 faculty, staff, students, and visitors to the campus everyday. With a limited inventory of 5,000 parking stalls across the campus, parking is at a premium. Typically only graduate students and seniors are able to secure parking reservations based on their class standing. UH Mānoa encourages alternative transportation options when commuting to campus. Alternative transportation options not only offer opportunities to save on fuel costs and parking fees, it also helps UH Mānoa to mālama 'āina or take care of our limited resources, minimizing the impact to our environment and neighboring communities.



HOURS OF OPERATION

Commuter Services Office
Queen Liliu'okalani Center for
Student Services (QLC)
2600 Campus Road
Room 014 (ground level)
Honolulu, HI 96822

Monday - Friday
8:00 am - 11:30pm;
12:30pm-4:00pm



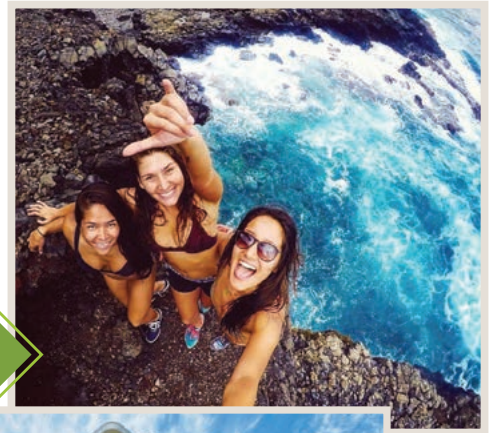
manoa.hawaii.edu/commuter
parking@hawaii.edu

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Hawai'i 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 on-site 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.

AVAILABILITY LIMITED TO SUMMER SEMESTER

- 2241 Kapiolani Boulevard Honolulu




Hawai'i Student Suites

808-952-5377

hawaiistudentsuites@hihltd.com

 [HawaiiStudentSuites](https://www.facebook.com/HawaiiStudentSuites)

 [@hawaiistudentsuites](https://www.instagram.com/hawaiistudentsuites)

- 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!





A look into:

UH Translational Health Science Simulation Center

The only simulation center of its kind in the state, the University of Hawai'i Translational Health Science Simulation Center (THSSC) provides students with hands-on, realistic learning experiences. Cutting-edge technologies bring scenarios to life and allow students to fully immerse themselves in health care experiences and to participate in interprofessional teams. Equipment and clinical practices are constantly reviewed and updated to reflect those currently in use by the state's leading health organizations.

In response to the COVID-19 pandemic, the use of telehealth rose to unprecedented levels globally, with signs of continued expansion. At THSSC, faculty have taken the initiative to train health providers to utilize telehealth in hospital and community settings using modern equipment. Telepresence robots, for example, connect nursing students on 'Oahu with pharmacy students on Hawai'i Island. Through this telehealth simulation, students learn to work with teams in different locations to provide patient care.

The TytoClinics™ platform offers students even more hands-on telehealth learning. Through these tools, students at THSSC learn how to not only connect patients from one location to a provider located elsewhere but also to physically assess those patients. The TytoClinics™ tools, which are also used in health care settings nationwide, allow students to measure things like oxygen saturation and blood pressure, listen to heart and lungs, and look at ears, mouth, and skin – all from a distance.

At THSSC, students engage with modern technologies to keep Hawai'i at the forefront of health care. Innovative tools, forward-thinking, and engaging faculty and staff contribute to hands-on experiential learning at this one-of-a-kind center.

→ nursing.hawaii.edu/thssc



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

 @manoabookstore

 facebook.com/manoabookstore



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TECH

As an Apple authorized dealer and Dell product provider, the bookstore offers a wide-range of computers and gadgets.

TechHub offers educational pricing, repairs and service support.

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

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one UH apparel item
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*One discount per customer. Valid in-store and online. Discount applies to one regular-priced UH apparel item only. Discount on lowest-priced item. Must use online promo code **ALOHA22** at checkout or present coupon to cashier. Offer expires 4/30/23. May not be combined with any other offer. Some restrictions may apply.

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Visitor's Guide Ad 2022-2023



A PLACE FOR CREATORS & INNOVATORS

 PURSUE YOUR PASSION

 CREATE CONNECTIONS

 DISCOVER YOUR
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OPEN TO ALL MAJORS



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pace.shidler.hawaii.edu

 **PACE** Pacific Asian Center
for Entrepreneurship
SHIDLER COLLEGE OF BUSINESS

Find Your Community



STUDENT HOUSING SERVICES
UNIVERSITY OF HAWAII AT MĀNOA

Deciding which residence hall is best for you is no easy task. With a wide variety of options to choose from, you'll want to take some time to learn more.

manoa.hawaii.edu/housing





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 Mānoa 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!

Schedule a visit!

- ✉ visituhm@hawaii.edu
- ☎ (808) 956-7137



Scan the QR code to visit our virtual 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) & Hemenway Hall (58)

- 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) (125)
- 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: Nancy Atmosphaera-Walch School of Nursing (127)
- 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, air-conditioned, 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



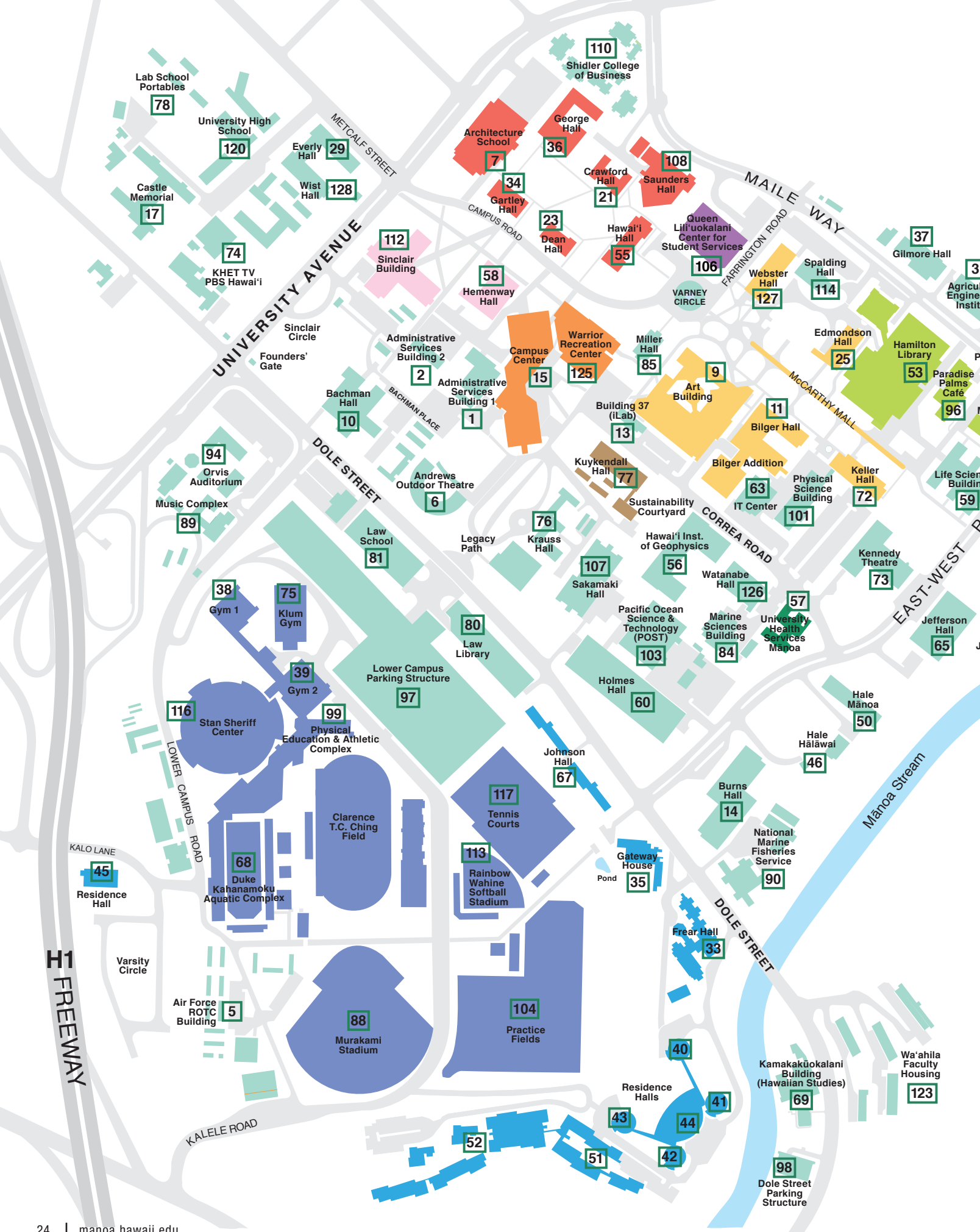
Student Housing Services

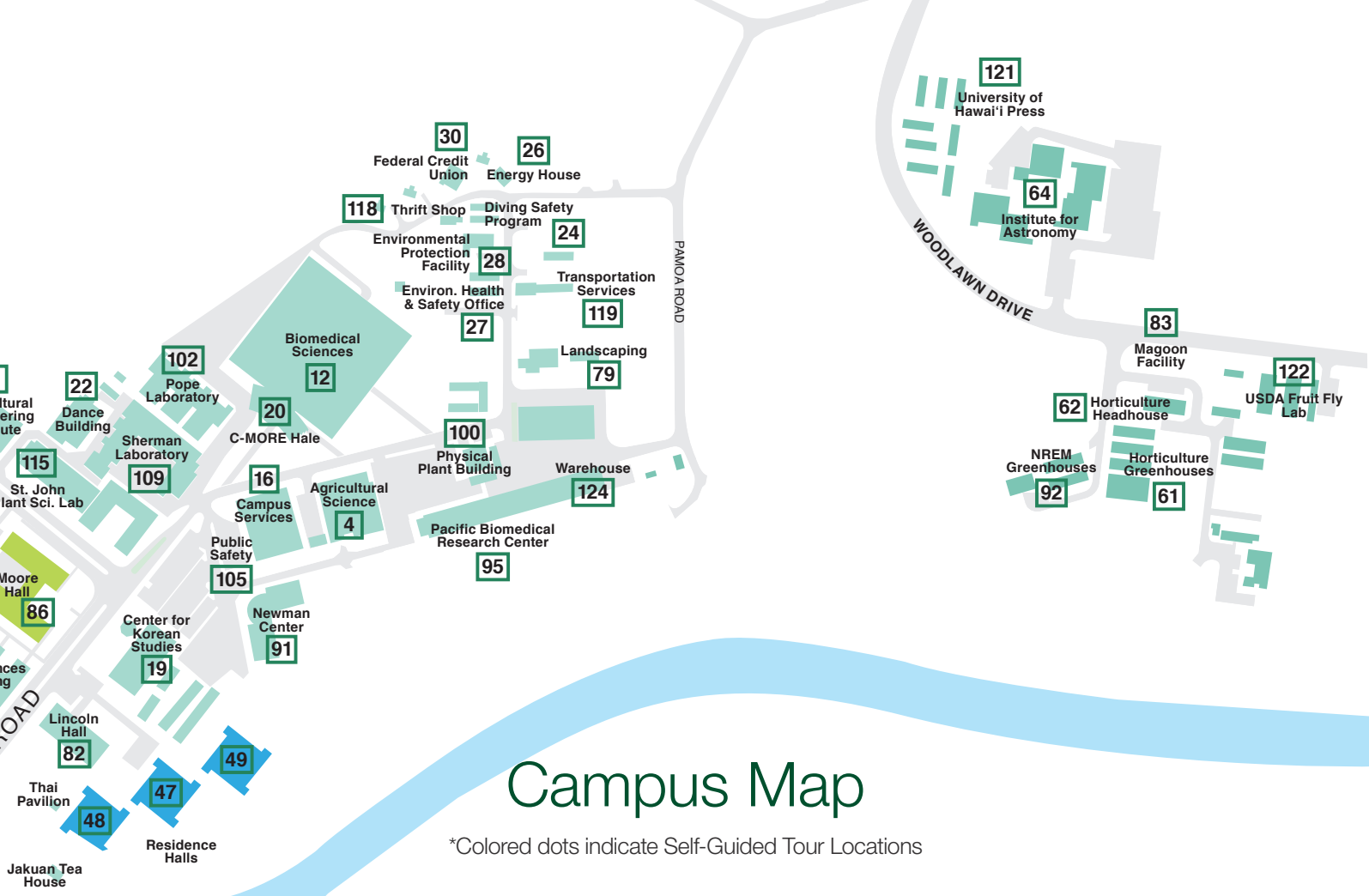
- 10 Residence Halls, 2 Apartment Buildings
- Residential learning programs available



Athletics

- Clarence T.C. Ching Field
- Duke Kahanamoku Aquatic Complex (39)
- Murakami Stadium (88)
- Practice Fields (104)
- Rainbow Wahine Softball Stadium (113)
- Stan Sheriff Center (117)
- Tennis Courts (119)





Campus Map

*Colored dots indicate Self-Guided Tour Locations

- | | | | |
|---|---|--|--|
| <p>A</p> <ul style="list-style-type: none"> 1 Administration Services Building 1 2 Administration Services Building 2 3 Agricultural Engineering Institute 4 Agricultural Science 5 Air Force ROTC Building 6 Andrews Outdoor Theatre 7 Architecture School 8 Army ROTC Building 9 Art Building <p>B</p> <ul style="list-style-type: none"> 10 Bachman Hall 11 Bilger Hall 12 Biomedical Sciences 13 Building 37 (iLab) 14 Burns Hall <p>C</p> <ul style="list-style-type: none"> 15 Campus Center 16 Campus Services 17 Castle Memorial 19 Center for Korean Studies 20 Center for Microbial Oceanography: Research and Education (C-MORE) 21 Crawford Hall <p>D</p> <ul style="list-style-type: none"> 22 Dance Building 23 Dean Hall 24 Diving Safety Program <p>E</p> <ul style="list-style-type: none"> 25 Edmondson Hall 26 Energy House 27 Environmental Health and Safety Offices 28 Environmental Protection Facility 29 Everly Hall <p>F</p> <ul style="list-style-type: none"> 30 Federal Credit Union 31 Financial Management Office 32 Food Science and Technology 33 Frear Hall | <p>G</p> <ul style="list-style-type: none"> 34 Gartley Hall 35 Gateway House 36 George Hall 37 Gilmore Hall 38 Gym 1 39 Gym 2 <p>H</p> <ul style="list-style-type: none"> 40 Hale Aloha Lehua 41 Hale Aloha 'Ilima 42 Hale Aloha Mokihana 43 Hale Aloha Lokelani 44 Hale Aloha Cafeteria 45 Hale Anuenue 46 Hale Halawai 47 Hale Kahawai 48 Hale Kuahine 49 Hale Laulima 50 Hale Mānoa 51 Hale Noelani 52 Hale Wainani 53 Hamilton Library 54 Hawai'i English Language Program 55 Hawai'i Hall 56 Hawai'i Institute of Geophysics 57 Health Services 58 Hemenway Hall 59 Life Sciences Building 60 Holmes Hall 61 Horticulture Greenhouses 62 Horticulture Headhouse <p>I</p> <ul style="list-style-type: none"> 63 Information Technology Center 64 Institute for Astronomy <p>J</p> <ul style="list-style-type: none"> 65 Jefferson Hall 66 John A. Burns School of Medicine 67 Johnson Hall <p>K</p> <ul style="list-style-type: none"> 68 Kahanamoku Pool 69 Kamakakūokalani Center for Hawaiian Studies | <p>L</p> <ul style="list-style-type: none"> 70 Kau'ioakahaloa Iki Faculty Housing 71 Kau'ioakahaloa Nui Faculty Housing 72 Keller Hall 73 Kennedy Theatre 74 KHET TV 75 Klum Gym 76 Krauss Hall 77 Kuykendall Hall <p>M</p> <ul style="list-style-type: none"> 83 Magoon Facility 84 Marine Sciences Building 85 Miller Hall 86 Moore Hall 87 Multipurpose Building 88 Murakami Stadium 89 Music Building Complex <p>N</p> <ul style="list-style-type: none"> 90 National Marine Fisheries Service 91 Newman Center 92 NREM Greenhouse <p>O</p> <ul style="list-style-type: none"> 93 Office of Procurement and Real Property Management 94 Orvis Auditorium <p>P</p> <ul style="list-style-type: none"> 95 Pacific Biomedical Research Center 96 Paradise Palms Cafe 97 Parking Structure (Lower Structure) 98 Parking Structure (Dole Street) 99 Physical Education Athletic Complex 100 Physical Plant Building 101 Physical Science Building 102 Pope Laboratory 103 Pacific Ocean Science and | <p>Q</p> <ul style="list-style-type: none"> 104 Practice Fields 105 Public Safety 106 Queen Lili'uokalani Center for Student Services <p>S</p> <ul style="list-style-type: none"> 107 Sakamaki Hall 108 Saunders Hall 109 Sherman Laboratory 110 Shidler College of Business 111 Shops 112 Sinclair Building 113 Softball Stadium 114 Spalding Hall 115 St. John Plant Science Lab 116 Stan Sheriff Center <p>T</p> <ul style="list-style-type: none"> 117 Tennis Courts 118 Thrift Shop 119 Transportation Services <p>U</p> <ul style="list-style-type: none"> 120 University High School 121 University of Hawai'i Press 122 USDA Fruit Fly Lab <p>W</p> <ul style="list-style-type: none"> 123 Wa'ahila Faculty Housing 124 Warehouse 125 Warrior Recreation Center 126 Watanabe Hall 127 Webster Hall 128 Wist Hall |
|---|---|--|--|



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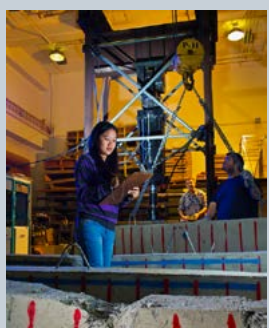


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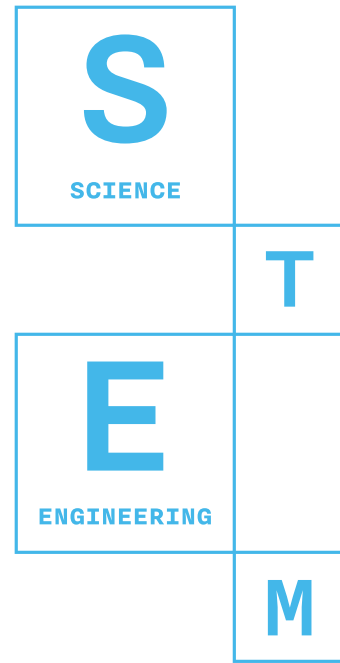
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→ manoa.hawaii.edu/undergrad/freshman

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→ pace.shidler.hawaii.edu

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

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→ manoa.hawaii.edu/international/study_abroad

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- 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.

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For getting around campus and the vicinity, Commuter Services provides the Rainbow Shuttle service free to the entire UH Mānoa community. It currently consists of one route to and from UH Mānoa Student Housing. For any updates and information on the Rainbow Shuttle, please visit the Commuter Services website.

→ manoa.hawaii.edu/commuter

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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 and both day and evening permits for students and employees are all available online for purchase.

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UH Mānoa Department of Public Safety (DPS)

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- **Set a Safety Timer.** This is like a virtual security escort when walking on campus - when you arrive to your destination, simply turn it off. If the timer expires before it is deactivated, DPS can send an officer to your location.
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- **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 Mānoa 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 offers a safety escort service 7 days a week, from dusk until dawn for students or employees walking alone on campus. Call (808) 956-SAFE (7233). Please note: this service may be impacted by COVID-19. You can also use the Mānoa Guardian app and set up a safety timer as a virtual security escort. → manoa.hawaii.edu/dps

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- 'Iolani 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.

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'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.

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Traci Yoshiyama

Founder & Designer, Talking Story Creative Studio
MPA Public Administration, UH Mānoa, 2015
BEd Elementary Education, UH Mānoa, 2007
Nairobi, Kenya

Originally from Hilo, Hawai'i, Traci Yoshiyama is the founder and designer behind Talking Story Creative Studio. Prior to her work in design she spent eight years in the non-profit sector both in program and grants management. Her time at UH provided her with the experiences and grit necessary to becoming a successful designer and business owner. Traci currently splits her time between Hawai'i and Nairobi.

"To be surrounded by such a diverse community and lifestyle is very special and unique to Mānoa – and this is exactly what I was looking for. I've been away from home for over a decade now and I realize how fortunate I am to have been able to attend Mānoa and spend almost 10 years in Honolulu. These formative years really shaped who I am today."

Learn more about Traci and other Mānoa alumni:

→ uhalumni.org/manoa

 Follow Traci's design work on IG: [@talkingstory.design](https://www.instagram.com/talkingstory.design)
www.talkingstory.design

PHOTO CREDIT: TRACI YOSHIYAMA



204K ALUMNI WORLDWIDE!

The University of Hawai'i at Mānoa has over **204,000 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.



59%
Hawai'i



39%
Mainland

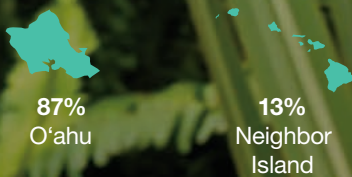


2%
Abroad



129
Different
Countries

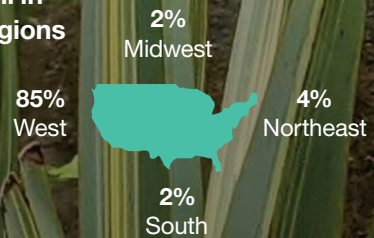
Alumni in Hawai'i



87%
O'ahu

13%
Neighbor
Island

Alumni in U.S. Regions



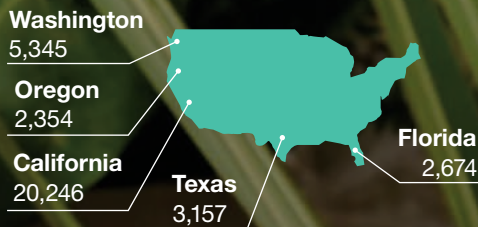
2%
Midwest

85%
West

4%
Northeast

2%
South

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



Washington
5,345

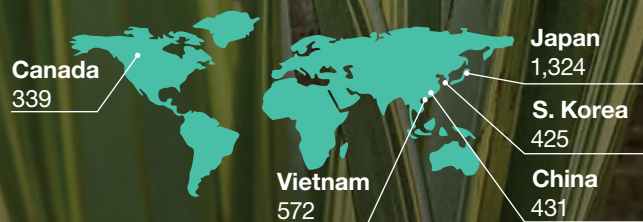
Oregon
2,354

California
20,246

Texas
3,157

Florida
2,674

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



Canada
339

Japan
1,324

S. Korea
425

China
431

Vietnam
572

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



Honolulu, HI
21%

San Francisco, CA
5%

Los Angeles, CA
4%

Seattle, WA
3%

New York City, NY
5%

Top Companies in which alumni are employed



Amazon
Bank of Hawaii
Boeing
Hawaii State DOE
Kaiser
Korean Air

Nordstrom
State of Hawai'i
University of Hawai'i
U.S. Geological
Survey

Top 5 U.S. States Majors



Liberal Arts
16,257



Psychology
9,033



Accounting
8,068



Elementary
Education
7,078



Business
Administration
6,289

PACKING for COLLEGE

TIPS AND TRICKS



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 ready-to-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.

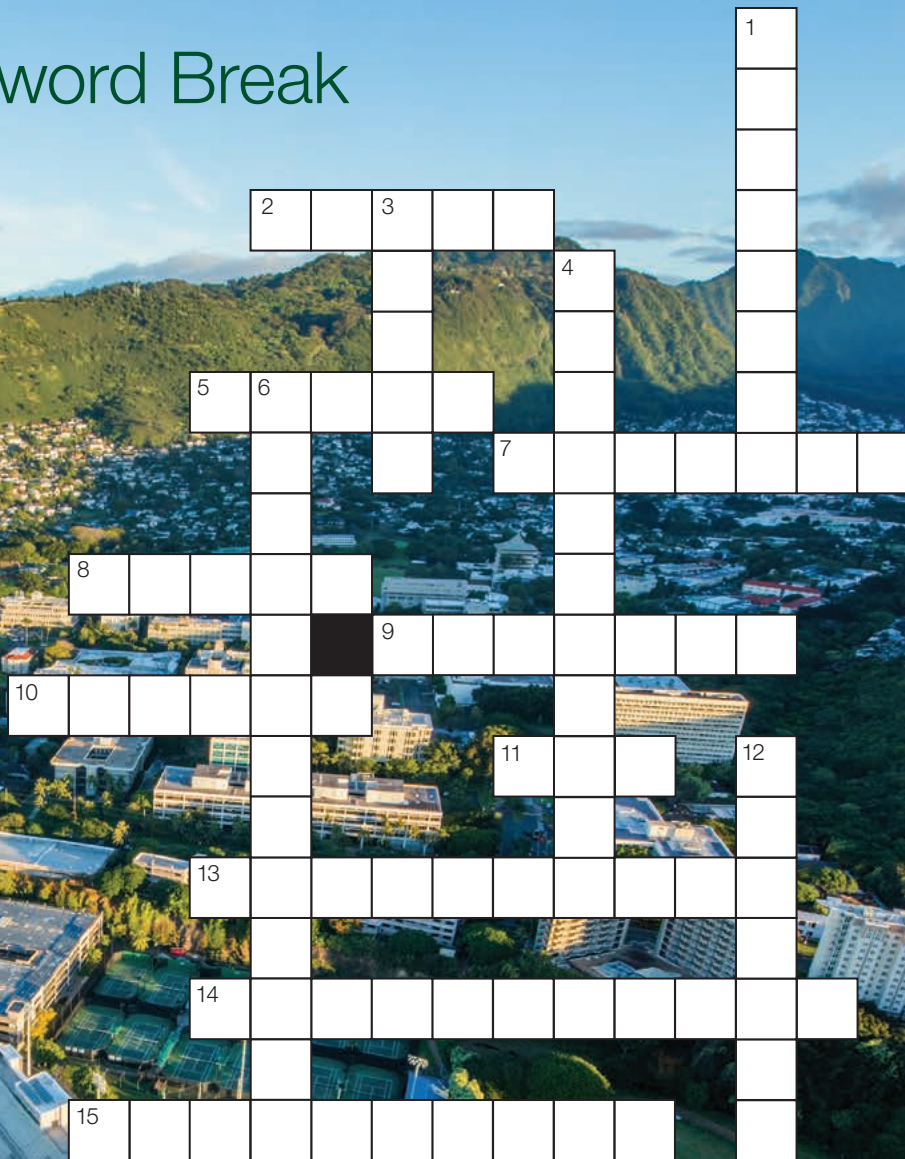
Here are some ideas to help you pack

- ▶ 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!

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MOMENTOUS CAMPUS MEDIA

Crossword Break



Across

- 2. Complete this application to be eligible for Financial Aid!
- 5. The Office of Admissions is housed in this building (acronym).
- 7. The _____ Theatre offers a full array of student led performances.
- 8. UH Mānoa students receive these stickers for their IDs known as _____, which is good for unlimited rides on the O'ahu-wide city bus system, TheBus.
- 9. The _____ Shuttle helps students travel around campus and the Mānoa area.
- 10. If you are a motivated student that strives for good grades, consider this program.
- 11. Garland of flowers that is worn around the neck and it is customary on special occasions.
- 13. The Warrior _____ Center is UHM's on-campus, student-funded fitness center!

- 14. Study in Japan, France, Spain, and more through this program!
- 15. In addition to Mānoa's Division I sports, students can participate in _____ teams

Down

- 1. Through the National Student _____, students can study at an out-of-state institution for UH tuition.
- 3. _____ Year Programs, like ACE, are learning communities for incoming freshmen.
- 4. There are over 200 Registered _____ Organizations on campus for students to join
- 6. Rent tents, kayaks, surfboards, and hiking gear here!
- 12. Fall applications are due on the 5th of this month.

PICTURED: AERIAL OF THE MĀNOA CAMPUS

Across Answers: 2) FAFSA, 5) OLCSS, 7) Kennedy, 8) UPASS, 9) Rainbow, 10) Honors, 11) Lei, 13) Recreation, 14) Study Abroad, 15) Intramural
Down Answers: 1) Exchange, 3) First, 4) Independent, 6) Leisure Center, 12) January

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Discover the unsearchable 

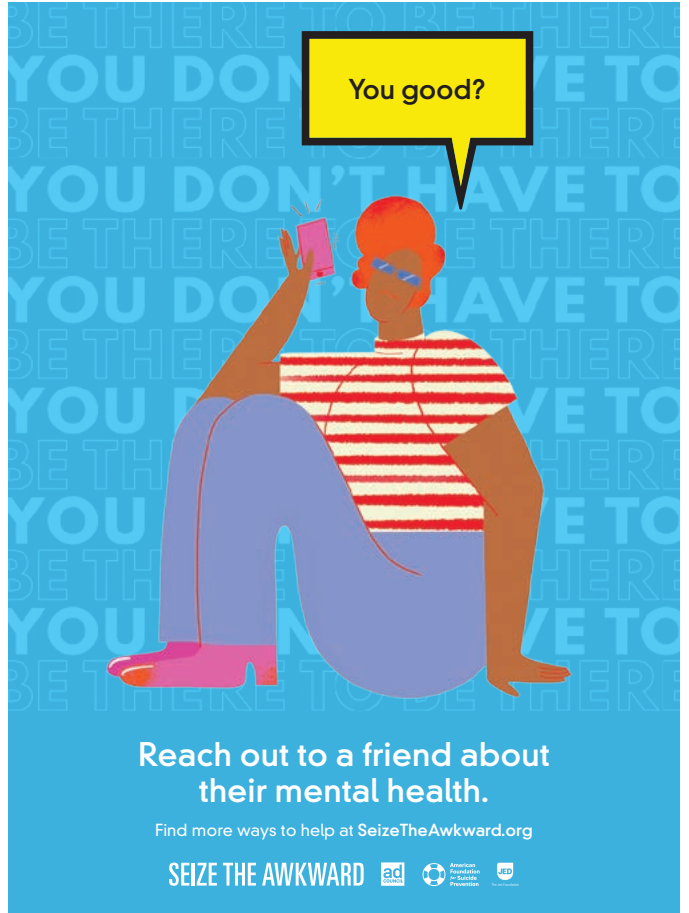
Discover the forest



Find a trail near you at DiscoverTheForest.org






You good?



Reach out to a friend about their mental health.

Find more ways to help at SeizeTheAwkward.org

SEIZE THE AWKWARD   

On it.

Ending racial injustice requires all of us to work together and take real action.

What can you do to help?

- Educate yourself about the history of American racism, privilege and what it means to be anti-racist.
- Commit to actions that challenge injustice and make everyone feel like they belong, such as challenging biased or racist language when you hear it.
- Vote in national and local elections to ensure your elected officials share your vision of public safety.
- Donate to organizations, campaigns and initiatives who are committed to racial justice.

love has no labels

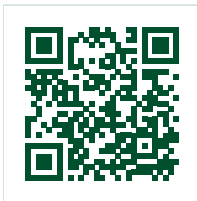
Let's come together to take action against racism and fight for racial justice for the Black community. Visit lovehasnolabels.com/fightforfreedom



University of Hawai'i at Mānoa

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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 Mo’ili’ili Field. During the game, a rainbow appeared over the field. Reporters started calling UH teams the Rainbows, and the tradition began that Hawai’i 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!



PICTURED: STUDENTS AT THE T.C. CHING FIELD CHEERING ON OUR FOOTBALL TEAM



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