

Student Activities

STUDENT ACTIVITIES

The Office of Student Activities (OSA) offers a variety of programming for student participation that will enhance their college experiences. OSA works with a number of student organizations on campus to ensure there is something for everyone. The office is a great place to find out what is happening on campus and can help answer questions about getting involved. The primary avenues for involvement through OSA are Greek Life, Leadership Development, New Student Orientation, Programming, and Student Organizations. For any questions about how to get involved on campus, feel free to contact the Office of Student Activities at **(563) 589-3583**, osa@dbq.edu, or by visiting the office located on the ground floor of Peters Commons.

Greek Life

The UD campus has three local sororities and four local fraternities that participate in various campus activities and community services.

New Student Orientation

Leaving home and going to college can be a difficult time for students and parents. New Student Orientation is held the weekend before classes begin and allows students and families to spend time together while providing education about what to expect from the University of Dubuque. Orientation offers current students a chance to develop leadership skills by becoming an Orientation Leader; a paid position that incoming students look to for answers about the campus and college life.

Programming

OSA provides many programs designed to give students something to do on and off campus. Some traditional programs include:

- Wacky Wednesdays held each Wednesday during lunch that offers students a little break in the day to create something, have a snack and hang out.
- Things To Do In DBQ offers students a chance to get off campus and experience things that the Dubuque community has to offer.
- Family Weekend includes a cookout, football game, family entertainment in the evening, and a Mississippi River cruise.

OSA also sponsors a variety of other events each year. Some recent events have included World Kindness Day, AIDS Awareness Day, the Community Resources, Involvement, and International Cultural Fairs, and plenty of other fun activities.

Student Organizations

With almost 40 different organizations on campus, students are highly encouraged to get involved; an easy task with the variety of choices! Organizations include general interest clubs, academic groups, Greek life and more. Students can even start their own group if they feel like something is missing from campus. A few of the larger organizations are: Student Government Association (serves as the primary voice of the student body to administration), the Belltower (student newspaper), and University Program Council (the primary programming group on campus plans fun weekly activities including comedians, musicians, entertainers, festivals, and more.)

INTERCOLLEGIATE ATHLETICS

Many University of Dubuque students have distinguished themselves on the courts or playing fields as well as in the classrooms. They demonstrate that the fun, discipline, and vigorous competition of athletics can work together with the intensity and high sense of purpose of rigorous academics.

The University of Dubuque's Athletic Department is host to nineteen NCAA Division III sports. Women compete in nine intercollegiate sports: basketball, cross country, golf, soccer, softball, tennis, indoor and outdoor track and field, and volleyball. Men compete in ten sports: baseball, basketball, cross country, football, golf, soccer, tennis, indoor and outdoor track and field, and wrestling. All teams belong to the Iowa Intercollegiate Athletic Conference (IIAC). For additional athletic information contact the Athletic Office or the UD website <http://www.dbq.edu/udathletics>.

Athletic, Intramural and Recreation Facilities

The Stoltz Sports Center, McCormick Gymnasium and Chlapaty Recreation and Wellness Center are homes for indoor intercollegiate and intramural programs. The Chlapaty Recreation and Wellness Center (CRWC), located on the south side of campus, features a weight room and aerobics area. The sports complex includes newly refurbished areas for football, track, baseball and softball, as well as the Oyen Soccer Field.

The facilities and venue hours of operation are posted each term. Summer and holiday hours will vary. Any student wishing to use athletic venues must present a valid UD student ID. Anyone wishing to reserve an athletic venue must contact the Athletic Facilities Director at **(563) 589-3244**.

Intramural-Recreational Sports Program

The University offers a comprehensive intramural program which allows students, faculty and staff to compete regularly in organized recreational sports. Intramural program offerings include basketball, flag football, indoor soccer, racquetball, softball, tennis, volleyball, and other programs based on student interest.

The Intramural-Recreational Sports Program seeks to promote wellness, to develop friendships, and to encourage the wise use of leisure time through organized recreational sports. In order to participate, an individual must be a University of Dubuque student, faculty, or staff member. Wide varieties of activities are offered each year for people of all skill levels and abilities. Offerings include, but are not limited to, basketball, yoga, spinning, volleyball, badminton, golf discus, and aerobics. During 2008-09, over 50% of the student body participated in the intramurals at the University of Dubuque. Intramurals provide a great opportunity to exercise, meet people, and compete.

Through the University Wellness Program, a variety of wellness opportunities are offered throughout the year. The Wellness Program provides activities and services that foster the development of the mind, body, and spirit for the University of Dubuque community, including fitness programs, outdoor recreation opportunities and educational wellness sessions. For more information, visit the UD website at <http://www.dbq.edu/recwellness>.

SERVICE AND LEADERSHIP DEVELOPMENT

The Office of Service and Leadership Development offers students the opportunities to gain valuable life experiences through a variety of leadership and service opportunities both on campus and in the surrounding community. Our partnership with local non-profit agencies allows our students, faculty, and staff the opportunity to recognize and develop their own leadership potential through workshops, community service projects, and student programs.

Students or advisors who would like to request information or assistance for their organization in any leadership area (e.g. time management, team building, public relations, delegation, goal setting, effective meeting management, publicity, motivation, assertiveness, ethics, diversity awareness, communication skills, etc.) should call the Office of Service and Leadership at **(563) 589-3127**.