

# A NEW JACK'S GUIDE TO STUDENT LIFE AT SDSTATE



Outside of knowing how to register for courses, access academic supports and find the best route between classroom buildings, there are several other basic needs that all of our new Jackrabbits have. SDState is meant to be your home away from home (especially in your first two years with us), and we want you to count on having those needs met. Let's talk student life at State.

## MEETING YOUR NEEDS: HOUSING & DINING

It's a well-known fact that busy college students need rest (in the form of sleep) and nourishment (in the form of food) as much as any of us. The Department of Housing & Residential Life along with Jacks' Dining are here to ensure that our students have comfortable living spaces and plentiful options for dining to keep them going.

## INSIDE THIS GUIDE:

- Housing & Residential Life
- Jacks' Dining
- Jackrabbit wellness
- MyJacks Card and Hobo Dough
- Parking
- University Bookstore
- Involvement opportunities



We serve students with a variety of special dietary needs. If you have questions about your unique dietary needs, call or visit the office as the semester begins.



**JACKS' CUPBOARD** combats food insecurity. Learn more at [sdstate.edu/student-life/housing-residential-life/jacks-cupboard](http://sdstate.edu/student-life/housing-residential-life/jacks-cupboard).



Jacks can feel secure in their home knowing ID-card access at hall doors is limited to their same-building neighbors.



Wondering what to bring? For complete information, visit [sdstate.edu/student-life/housing-residential-life/what-bring](http://sdstate.edu/student-life/housing-residential-life/what-bring).



A Community Assistant (CA) is your on-floor resource for information, support and building community by planning opportunities to get together with your neighbors at events.



**JACKS' C-STORE**  
Find us in Larson Commons & Hansen Hall  
Get all the essentials at two convenient campus locations. We've got everything from milk and bread to shampoo and toothpaste.



For some students, college and coffee go hand-in-hand. With three locations on campus, including a full-service Starbucks, you're never far from a hot (or cold) Cup of Joe.



Use our meal plan budgeting tool and make sure you never run out of flex dollars. Located on each food service register, these charts make it easy to track how much flex you should have left throughout the semester.



We aim to create living spaces that are comfortable, healthy and safe for all residents. Tobacco use, alcoholic beverages and weapons of any kind are not permitted in the residence halls or anywhere else on campus. Gun storage is available free of charge at the University Police Department.



With the exception of fish and approved assistance or service animals, the residence halls are generally pet-free zones. Certain sections of Hansen and Meadows allow eligible pets with prior approval and a deposit.



All halls have their own laundry and kitchen facilities. Each hall also has dedicated custodial staff who clean regularly based on best practices.



Jacks' Dining is one of the top student employers on campus, providing numerous job and internship opportunities.



Open your door or knock on your neighbors'. Connect with the people around you early — your new best friend might be just down the hall.

## TRANSACT

Avoid the lines at busy times. Use the TRANSACT app (available on Apple & Android) to order your favorites ahead of time.

## JACKS' DINING

Union 058  
Phone: (605) 697-2550  
Email: [sdsu.campusdining@sdstate.edu](mailto:sdsu.campusdining@sdstate.edu)

## HOUSING & RESIDENTIAL LIFE

Caldwell Hall 167  
Web: [sdstate.edu/residential-life](http://sdstate.edu/residential-life)  
Phone: (605) 688-5148  
Email: [sdsu.reslife@sdstate.edu](mailto:sdsu.reslife@sdstate.edu)

## BLOCK VS. FLEX: MY MEAL PLAN EXPLAINED

One **block meal** gets you an all-you-care-to-eat, best-value meal from Larson Commons, which is located between Young and Binnewies halls on the southeast side of campus. Larson staples include a salad bar, sandwich and grill station, and cereal and dessert stations. Homemade-style fare and daily specials are also on the menu.

**Flex dollars** can be used at any of the grab-n-go, coffee, restaurant and a la carte locations on campus. As its name suggests, flex gives you the flexibility to select the foods you want and pay per item. With more than 15 locations across campus, you're sure to find satisfying options to keep you going.



# JACKRABBIT WELLNESS.

College is excitement and possibility, opportunity and pride. It's also uncertainty and stress, apprehension and pressure. And it's all wrapped up in one unforgettable experience. You've made plans to attend college, and you're learning how to do well in college now. We also want to remind you to make plans to BE well in college.

## WE ARE HERE TO HELP

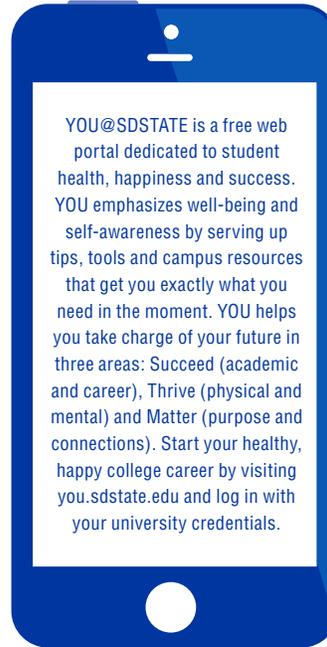
There are people and resources on campus to help you stay well. All you have to do is ask. Here we've highlighted just a handful of the many wellness services you can access at South Dakota State.

## HEALTH CLINIC & COUNSELING

The Clinic provides primary care for illnesses and injuries, lab work and physical exams, reproductive health, immunizations, international travel, and health and nutrition counseling to SDState students. For these services, the Clinic will file to insurance.

Counseling Services provides individual counseling to students with emotional, behavioral and/or academic concerns. During the academic year, counselors also provide after-hours crisis response and intervention.

Students can schedule Health Clinic appointments online through MyState.



The Jackrabbit Pharmacy in the Wellness Center serves all eligible SDSU students, accepting prescriptions from any prescribing provider and filing insurance. They have competitive prices on prescriptions; over-the-counter medications are also available for purchase with your Hobo Dough via vending machine in the main spine of the Wellness Center.



## MILLER WELLNESS CENTER

### CENTER SERVICES & PROGRAMS:

- Recreation & Outdoor Programs
- Group Fitness & Aquatics
- Nutrition Counseling
- Student Health Clinic
- Counseling Services
- Jackrabbit Pharmacy
- Competitive Sports

### CENTER AMENITIES:

- Fitness Studios
- Indoor Track
- 35-foot Climbing Wall
- Indoor Swimming Pool
- Cardiovascular Equipment
- Weight Training Equipment
- Recreation Equipment Check-Out
- Functional Fitness Spaces
- Outdoor Program Space & Rentals

## MILLER WELLNESS CENTER

### CONTACT INFO

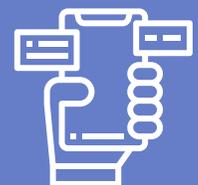
Web: [sdstate.edu/miller-wellness-center](http://sdstate.edu/miller-wellness-center)  
Member Portal: [wellnesscenter.sdstate.edu](http://wellnesscenter.sdstate.edu)  
Email: [sdsu.wellnesscenter@sdstate.edu](mailto:sdsu.wellnesscenter@sdstate.edu)

*Fitness & Recreation*  
(605) 697-WELL (9355)

*Health & Counseling*  
(605) 688-4157

*Jackrabbit Pharmacy*  
(605) 688-5410

*After Hours Crisis Response*  
(605) 688-5117 (University Police)



### WELLNESS CENTER APP

Search SDState Wellness Center to download.

# AUXILIARY SERVICES:

## *MyJacks Card, Parking Services and University Bookstore*

### MYJACKS CARD: *SDSTATE STUDENT ID*

*myjackscard.com*  
Union Main Street  
(605) 688-6943 (MYID)  
sdsu.cardoffice@sdstate.edu

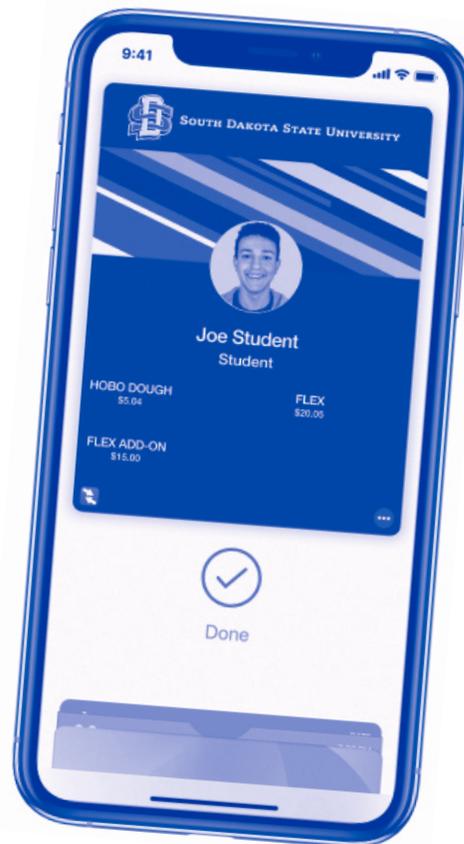
MyJacks Card has gone mobile first! Your MyJacks Card is now available on your phone. Before leaving NSO, make sure you have submitted or had your photo taken. Then download your ID to your phone. Your MyJacks Card will serve as your official identification and access on campus, and with it on your phone, you'll always have it with you.

#### USE YOUR MYJACKS CARD TO:

- Access your residence hall
- Eat on campus with your meal plan
- Access the Wellness Center and campus museums (free!)
- Attend all home athletic events (free!)
- Attend performing arts events (almost always free!)
- Attend on-campus events (almost always free!)
- Check out books at Briggs Library
- Load and use your Hobo Dough\*

#### CHECK MYJACKSCARD.COM FOR:

- Mobile credential setup instructions.
- Mobile eAccounts App info.
- How to load additional Hobo Dough.
- Off-campus locations accepting Hobo Dough.



### UNIVERSITY BOOKSTORE

*jackrabbitcentral.com*  
Union Main Street • (605) 688-4163  
sdsu.bookstore.custservice@sdstate.edu

The University Bookstore is the place for everything from the latest in blue and yellow apparel and Jackrabbit gifts to textbooks and school supplies.

#### MY TEXTBOOKS

Books for the academic year will be available for rent or purchase online beginning in late July. Make sure you have your class schedule handy, as you can search for required books by term and course.

### PARKING SERVICES

*sdstate.edu/transportation-services*  
Union Main Street  
(605) 688-7275 (PARK)  
sdsu.parkinginfo@sdstate.edu

SDState students have the option to purchase a parking permit to access on-campus lots during the school year. For campus parking maps, information on motorcycle and moped parking, and other FAQs, visit the Parking Services website.

#### MY PARKING PERMIT

*sdstate.edu/transportation-services/online-parking-account*

Parking permits will be available beginning late July. On-campus residents and commuter students can select and purchase their permits through the student's MyState account. While only one vehicle per permit may park on campus at any time, students may register up to four vehicles in their parking accounts.

Permits can be purchased with credit card online or added to the student bill.

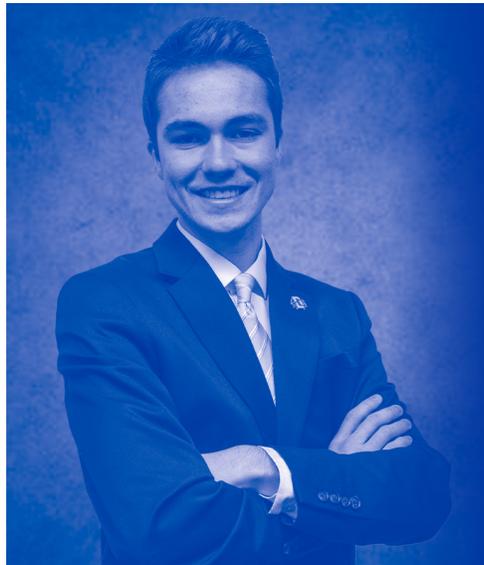
# GET INVOLVED

Our involvement opportunities are a fun and fundamental part of your SDState experience. We've got something for everybody — so find your something!



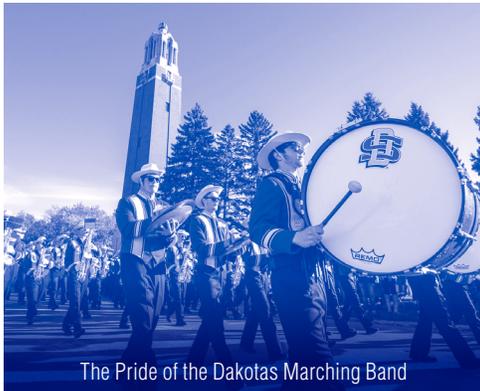
## TYPES OF CLUBS & ORGANIZATIONS YOU CAN JOIN

- Agriculture
- Cultural
- Departmental/ Major-Related
- Fraternity & Sorority Life
- Health
- Honorary
- Religious
- Service
- Special Interest
- Sport Clubs
- Student Government, Hall Government & Program Boards

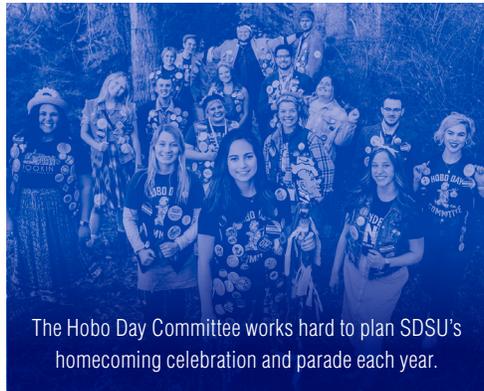


### INVOLVEMENT SPOTLIGHT ON **BLAKE PULSE** STUDENTS' ASSOCIATION PRESIDENT AGRICULTURAL COMMUNICATIONS AND POLITICAL SCIENCE

Welcome to SDSU! As you take the first step to becoming a student, you will find that SDSU has opportunities around every corner. My biggest advice is to get involved: whether that's with a club or student organization, a music ensemble, or by embracing campus traditions. Through involvement you will develop friendships and connections that will help you along your career. Best of luck as you start and continue as the newest Jackrabbits. As always, go big, go blue, go Jacks!



The Pride of the Dakotas Marching Band



The Hobo Day Committee works hard to plan SDSU's homecoming celebration and parade each year.



**Involvement Spotlight on State A Thon**  
In April 2022, State A Thon revealed their annual fundraising total of \$133,208.22 for Children's Miracle Network.

If you're looking for other ways to enjoy your time outside of the classroom, you don't have to look far. Countless programs take place throughout the year—and many are FREE to SDState students.

UNIVERSITY PROGRAM COUNCIL  
[facebook.com/sdsupc](https://facebook.com/sdsupc)

MUSIC DEPARTMENT  
[sdstate.edu/music](https://sdstate.edu/music)

OFFICE OF STUDENT ACTIVITIES  
[sdstate.edu/campus-life/student-activities](https://sdstate.edu/campus-life/student-activities)

MULTICULTURAL EVENTS  
[facebook.com/multiculturalcenter](https://facebook.com/multiculturalcenter)

STATE UNIVERSITY THEATRE  
[sdstate.edu/sut](https://sdstate.edu/sut)

DIVISION I ATHLETICS  
[gojacks.com](https://gojacks.com)

RESIDENCE HALL ASSOCIATION  
[facebook.com/sdsurha](https://facebook.com/sdsurha)

INTRAMURALS  
[sdstate.edu/miller-wellness-center/intramural-sports](https://sdstate.edu/miller-wellness-center/intramural-sports)



## INVOLVEMENT STARTS HERE.

### STUDENT ORGS & EVENTS AT SDSTATE

[jacksclubhub.sdstate.edu](https://jacksclubhub.sdstate.edu)

LIKE & FOLLOW!  
SDSU Student Activities

