Spreading Your Wings
How to Handle the First Year Like an Adultish

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WHAT BEING AN ADULT FEELS LIKE
EVER MAKE MISTAKES IN LIFE?
LETS MAKE THEM BIRDS. YEAH, THEY'RE BIRDS NOW.
#1: Take Care of Yourself

Develop self-regulatory behaviors
#2: Just Say Hello

Extend yourself to make and maintain friendships.

Making plans when you're in a good mood vs when the day comes and you actually have to go
#3: Boost Your Coping Skills

Coping skills help you with:

• Stress
• Homesickness
• Mental health
#4: Get Moneywise

- Costs and any financial aid and scholarships
- Budgeting and financial literacy skills
- Job opportunities

Whenever I look at my bank account...
Fund Your Future
Invest in your success with an education at Seattle University. Grounded in the Jesuit tradition, we dedicate ourselves to the academic excellence of our students and foster the drive to effect change in local, national and global communities. In our commitment to that mission, we strive to make your education affordable and accessible.

Helping you navigate your financial opportunities
While the steps can seem daunting, our Student Financial Services and Financial Aid website contains the information you need on bills and payments, scholarships, completing your FAFSA and more. Whether you...
STUDENT BILLING AND PAYMENT

The Student Financial Services Office provides information about the financial aspects of a student’s enrollment at Seattle University.

The student accounts team in the Student Financial Services Office stands ready to assist students and their families in understanding and paying the student’s bill. This not only includes responding to questions that students raise when they come to the office in person but also posting charges and updates to students’ accounts, distributing aid to those accounts, setting up payment plans and taking payments, all of which are discussed in more detail in the tabs on the menu to the left.

Find information here about how students can:
- Authorize others to have online access to their account information and make payments on their student account.
- Request a waiver of Seattle University’s mandatory student health insurance if the student is covered by a comparable plan.
- Add funds to their Campus Card.
- Access some helpful, year-end tax information.

Authorized third-party users can log into Student Account Center below to access billing and payment information.

AUTHORIZED USER LOGIN
#4: Get Moneywise

- Costs and any financial aid and scholarships
- Budgeting and financial literacy skills
- Job opportunities
#5: Try Communication

- Demonstrate you’re open to listen and learn
- Read you common text
Summer Tasks

• Complete the College Student Inventory & think about the results
• Start working on your financial literacy
• Read your common text
THANK YOU!
YOU'RE THE BEST