Emergency Contacts

Biola Switchboard
562-903-6000 24-Hour Service

Campus Safety
562-903-4877 Non-Emergency
562-777-4000 Emergency

Biola Counseling Center
562-903-4800

Health Center
562-903-4841

Parent Relations
1-800-99-BIOLA

Student Development
Residence Life, student care, discipline issues
562-903-4874

Vice-Provost Office
Report Delay Requests
(562) 903-4713

OFFICE OF PARENT RELATIONS
13800 Biola Avenue
La Mirada, CA 90639

biola.edu/parent
parent.relations@biola.edu

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Table of Contents

04 A NOTE FROM PRESIDENT COREY
05 A NOTE FROM PARENT RELATIONS
06 ABOUT THE OFFICE OF PARENT RELATIONS
08 THE BIOLA PARENT COUNCIL
10 SUPPORTING YOUR STUDENT
16 CAREER PREPAREDNESS
18 FREQUENTLY ASKED QUESTIONS
20 2014-2015 ACADEMIC CALENDAR
21 RECOMMENDED READING
DEAR PARENT,

Paula and I are parents of a freshman and a senior at Biola University, so you can imagine we have a lot of the same feelings you have about entrusting your daughter or son to our care. I want you to know that the community at Biola is committed to being there for your child—I am counting on it!

At Biola, we desire nothing less than for our students to build on the disciplines and values you fostered in them at home. Please be assured that our focus at every level is to create an environment where Biola students grow, learn, relate, ponder and are challenged to be all that God has for them. This is a sacred calling for us.

As you read this handbook published especially for you as parents, I trust you will find it helpful for you as you also go through the transition of sending your child to college.

Blessings in Christ,

Barry H. Corey
President
DEAR BIOLA PARENT,

On behalf of the Office of Parent Relations and Biola University, welcome to the Biola family! Our office is here to provide regular communications and resources to parents so you’re better able to support and encourage your college student in their growth and maturation.

This Parent Guide is such a resource, providing you with comprehensive, yet concise information about the university and the student experience. Take the time to familiarize yourself with this booklet. We trust it will be a valuable source of information for you.

In Christ,

Colleen Heykoop

Director, Parent Relations
The Office of Parent Relations is committed to strengthening relationships between the university and its parents. Below are a number of ways you can get involved as a member of the Biola community, as well as support your student through their college journey.

**BE INFORMED!**

*eNewsletter for Parents*

Every month during fall and spring semesters, parents receive a newsletter via email with information regarding your student's development and what's happening on campus. All parents of students who have provided the university with their email address will be added to our newsletter list. If you do not receive an email from our office, please contact us at parent.relations@biola.edu

*Parents in Prayer*

Visit our website to sign up to receive monthly emails from our Parents in Prayer Committee. You will have the opportunity to share your personal prayer requests as well as pray for other requests from the Biola community.

**CAMPUS EVENTS**

*Parent Volunteer Coffee and Dessert*

September 25, 2014

Join us on campus to learn about the many opportunities to volunteer as a Parent Ambassador while connecting with other parents.

*Biola Weekend*

October 24-25, 2014

Parents, families, and alumni are invited to join our students on campus for “Biola Weekend!” Come meet your student’s friends and enjoy two days of fun and fellowship. Join us for Biola’s annual talent show Punk N’ Pie, street fair, 5K run/walk, special meal with Dr. Barry H. Corey and more. Plan now to join us for this special weekend! Visit biola.edu/biolaweekend to learn more!

*Parent Summit for Student Success*

February 7, 2015

A new program for all current Biola parents, this mini-conference will offer a variety of seminars and workshops that address issues common to freshmen, sophomores, juniors and seniors.

*Grandparents Day*

March 6, 2015

All grandparents of current Biola students are invited to campus for a full day of activities. This is a day designed to recognize and celebrate the special role that grandparents play in their grandchild’s life. Not sure whether we have your grandparents’ contact information? Email us at parent.relations@biola.edu.

*Schedules, registration and more information is available at biola.edu/parent*

**GET INVOLVED!**

Every spring we have over 2,400 prospective students who’ve been accepted to Biola, but haven’t yet made a decision to attend. As a parent volunteer, you will
have 10 – 15 parents of accepted students to call or email, offering encouragement and being a resource for some of the most commonly asked questions. A call for volunteers takes place in the beginning of the spring semester.

**Student and Alumni Mixers**
We are looking for homes across the nation that can host new and current students and parents, as well as alumni families from your local area during the summer months. In addition to hosting, we are looking for parents willing to attend these events to engage with guests, share your Biola story, and serve as a resource.

**Biola Career Network**
Remember to “Hire Biola” if you ever have jobs or internship opportunities available to support the career preparation of our students. Visit biola.edu/career to post opportunities or call the Center for Career Development at (562) 903-4875.

**CARE PACKAGES**
There's nothing a college student loves more than receiving mail from home. The Office of Parent Relations partners with Care Package Express, owned and operated by the parent of a Biola alumnus, to offer a variety of package offerings throughout the year as well as special holiday packages. View order information at offices1.biola.edu/parents/resources/carepackages

For more information visit www.biola.edu/parent
The Biola University Parent Council is here to serve you! The Council serves as an executive board which fosters communication between the University and parents in order to improve the quality of the Biola experience for all students and their parents. The Council meets three times each year to act as liaisons to the Administration, provide hospitality at University events and work with specific fundraising campaigns. Yet their primary role is that of parents, so feel free to contact them with any questions or concerns that you may have.

Barry and Melissa Brewster  
La Quinta, CA  
melissabrewster@aol.com

Becky Culver  
Colorado Springs, CO  
beckygculver@gmail.com

Toni Donoghue  
Chagrin Falls, OH  
tonidonoghue@gmail.com

Kerry and Claire Gallacher  
Simi Valley, CA  
kctbgall@sbcglobal.net

Jim and Brenda Chadwick  
Snohomish, WA  
jblm.chadwick@comcast.net

John and Kathy Gilligan  
Scottsdale, AZ  
kjgilligan2@hotmail.com

Jose and Roxana Cubillo  
Chino Hills, CA  
rlcubillo@msn.com

Dave and Regina Holden  
Georgetown, TX  
david.holden@radetco.com
Mike and Robin Longinow
Yorba Linda, CA
mlonginow@aol.com

Bob and Barbara Mancini
Whittier, CA
bob.mancini@biola.edu

Rob and Linda Robertson
Redmond, WA
robertson.family@frontier.com

Scott and Julie Rurik
Fresno, CA
jrurik@yahoo.com

Jerry and Jennifer Sirjord
Deephaven, MN
jensirjord@gmail.com

Kris and Kellie Vogt
Wilton, CA
kvogt@citlink.net

Learn more about the Parent Council by visiting biola.edu/parent
PARENTS: PARTNERS IN STUDENT SUCCESS

At Biola University, we are committed to equipping our students in mind and character to impact the world for the Lord Jesus Christ. It is this mission that informs our role and responsibility to your student.

We view every experience, both in and out of the classroom, as an opportunity for your student to learn how to think critically, solve problems and grow in Christ-like character. Our job is to help guide and support your student as they engage in their college experience. We treat them as unique individual adults, responsible for themselves, their actions and decisions.

Parents play an integral part in their student’s success through their encouragement, prayer and support. In fact, studies have shown that students who feel supported by their family are more likely to graduate from college.*

At Biola University, we see parents as student success partners in their student’s success in the following ways:

- Strive to understand the student experience, learning about the unique challenges and opportunities facing today’s college students.

- Develop awareness of the support services available to students and encourage your student to identify their need and seek out assistance.

- Encourage your student to identify, define and solve problems independently; prayerfully support your student during times of challenge and uncertainty.

- Allow your student to: accept responsibility for their personal errors, to examine their motivations, determine a solution and establish a different action plan for the future.

- Understand your role as mentor to your student. Promote self-advocacy by empowering your student to make decisions independently.

- Know and understand your limitations to access student records, as delineated in Biola’s FERPA policy (Family Education Rights Privacy Act).

- Be alert to signs of distress in your student (prolonged sadness, loneliness, stress, etc.) and discuss your concerns openly. Assist your student in developing a plan to address the problem. If it would be helpful, our Student Development staff members are available to talk through different options and resources for your student. If you’re concerned about the immediate safety of your student, contact Campus Safety.

- Contact the Office of Parent Relations with concerns if your student is unable to resolve a situation and has addressed the appropriate parties.

# THE DIFFERENCE BETWEEN HIGH SCHOOL AND COLLEGE

Your son or daughter is probably so excited to be a college student that they haven’t given much thought to what it really means. Preparing ahead of time for some of the major differences can assist with the transition from high school to college.

<table>
<thead>
<tr>
<th>HIGH SCHOOL</th>
<th>COLLEGE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time/Schedule</strong></td>
<td>Structured and sequential. Typically a daily routine that is stable and predictable.</td>
</tr>
<tr>
<td><strong>Teacher-Student Relationship</strong></td>
<td>Significant contact as most classes meet 5 days per week. One-on-one relationships and casual meetings before and after class. Frequent homework reminders.</td>
</tr>
<tr>
<td><strong>Parent/Family Involvement</strong></td>
<td>Parents and guardians have access to and monitor grades, assignments, and attendance. Parents contact teachers or counselors directly with concerns. Communication is open and information is freely shared.</td>
</tr>
<tr>
<td><strong>Counseling/Advising</strong></td>
<td>Guidance counselors plot out the 4-year curriculum with the student. Parents may also be involved.</td>
</tr>
</tbody>
</table>
### Academics

<table>
<thead>
<tr>
<th>HIGH SCHOOL</th>
<th>COLLEGE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Freedom</strong></td>
<td>Students make their own choices about how to use their time.</td>
</tr>
<tr>
<td>Student freedom is usually dictated by scheduled activities and parental guidelines.</td>
<td>No curfews at Biola.</td>
</tr>
<tr>
<td><strong>Academics</strong></td>
<td>Students may find that college is more rigorous and expectations are higher. Minimal effort may produce poor grades. Course work tends to be “back loaded” meaning that there may be more work in the second half of the semester. Students must ask for assistance and clarification if they don’t understand major assignments.</td>
</tr>
<tr>
<td>Students may be able to earn good grades with minimal effort. The class work is evenly distributed throughout the semester. Students are given detailed instructions and support for major papers and projects.</td>
<td></td>
</tr>
<tr>
<td><strong>Advocacy</strong></td>
<td>Students must learn to advocate for themselves by asking for help when they need it and taking advantage of university support services and resources. Parents are not able to make appointments on behalf of a student.</td>
</tr>
<tr>
<td>Parents, teachers and counselors advocate for the individual students. Parents frequently intercede in problematic situations and are able to bring about resolution.</td>
<td></td>
</tr>
</tbody>
</table>
Congratulations, your child successfully completed high school and became a Biola student! With enthusiasm and maybe a little trepidation, your son or daughter is beginning the college journey and expecting to have a “successful” college experience. As parents, we hope for the same thing, but wonder, “What makes for a successful college experience?”

Sometimes as parents it’s easy for us to see grades as being the sole indicator of success. Indeed, grades seem to be the most obvious gauge. However, if getting all A’s is one’s only goal and measure of success, then there are a whole lot of opportunities for growth being missed.

The truth is, in order for your student to succeed in college, he or she must be engaged fully in their spiritual, cognitive, emotional and relational development. What does that look like? Here are some indicators that your college student is taking steps toward success in their Biola career –

• **Your student is engaging in student life**
  Sometimes the hardest part of going to college is starting over in finding a social group. There are a lot of activities available to students everyday of the week, from outreach ministries, to athletic events, to dorm and Collegium parties. It takes effort, especially for our introverted children, but their college experience will be so much richer and they will learn so much more about themselves if they take opportunities to be involved.

• **Your student is developing a few close friends**
  It’s a process that takes time, but eventually your student will find one or two others with whom they can share their deepest thoughts. Often when a student says they’re homesick, what they mean is they’re “friend sick.” They miss the comfort of having a close relationship. If your student is still looking for that good friend, remind them to be patient, but also suggest they keep reaching out and praying that God would bring them a close friend.

• **Your student is making mistakes**
  That means they are making decisions, and sometimes those decisions don’t work out as planned. Maturity comes from evaluating options, making decisions, and living with and learning from the results of that decision. And the more decisions your student makes, the more he or she will learn.

• **Your student is speaking with professors outside the classroom**
  Professors at Biola love their students and invite them to engage with them outside the classroom. The successful student responds to those invitations and makes connections with their professors. At the very least, your student would benefit by visiting a professor during their office hours, even if it were just to make sure they are on track with the assignments. Chances are, that professor will delve further and ask your student how they are doing in their personal and spiritual life. These are opportunities a student shouldn’t miss.

• **Your student is seeking to be challenged**
  College shouldn’t be a cakewalk for your student. If it is, they’re not getting their money’s worth. Students who push themselves are going to receive the most benefits intellectually, emotionally and spiritu-
ally. The key is that your student has the comparable support necessary to face those challenges and grow through them. Biola provides a variety of resources to support students, but they need to be matched by emotional support from home. When a student feels supported, both academically and emotionally, they are more likely to seek out challenges and gain the most from their college experience.

**STUDENT STRESS CALENDAR**

The college years are an exciting time of growth and discovery for the college student, but with every season of growth there are times of challenge. Here we lay out for you the ‘typical’ stresses that students experience during their college years so you can anticipate their needs and know how to pray for them.

- **September**
  Homesickness / Students on medications may have trouble due to mismanagement of medications / International students sense confusion, vulnerability, and the lack of an advocate / Roommate differences and social adjustments / Feelings of inadequacy might develop

- **October**
  Freshmen begin to realize that college life isn't as perfect as they thought / Overwhelmed by time management pressures / The novelty is gone; some question God's leading to Biola / New students may struggle with finding friends / Addictive behavior may start to surface

- **November**
  Economic anxiety surfaces / Academic pressure due to finals and class selection for the spring / Pressure over plans for Thanksgiving - for some, anxiety over being home / Depression and anxiety increase because of feelings that one should have adjusted to the college environment by now / Questions begin over whether to come back second semester

- **December**
  Increased stress as final exams approach / Extra-curricular time strain / Pre-Christmas depression for those who have difficult home lives / Financial strain because of Christmas gifts, traveling costs, etc.

- **February**
  Apprehension over returning to new relationships / Emotional stress due to family issues that surfaced over vacation / Renewed commitment to academics / Students may drop classes to help alleviate academic pressure / Start considering housing situation for next year

- **March**
  Couples begin to establish stronger ties (engagement) or experience weakening of established ones / Housing selection process can cause social anxiety and a fear of being excluded / Inability to make a vocational choice might cause anxiety / “Sophomore slump”: most have completed general studies—now what?

- **April**
  “Senioritis” sets in / Concern over how grades will end up / Decision and direction over summer jobs or ministry

- **May**
  Apprehension or sadness over leaving relationships established during the year / Seniors panic over leaving the security of Biola
STUDENT SUPPORT

Campus Safety . . . . . . . . . . . . . . . . . . x4877
24/7 patrol of campus, emergency and disaster preparedness and response
biola.edu/offices/campus_safety

Biola Counseling Center . . . . . . . . . . x4800
Discounted counseling services for Biola students
biolacounselingcenter.org

Center for Spiritual Renewal . . . . . . . x3205
Students can meet with trained personnel for spiritual mentoring
talbot.edu/isf/csr/about

Academic Advising . . . . . . . . . . . . . . . x4782
A resource available for students who need assistance in course planning
academics1.biola.edu/advising/

The Learning Center . . . . . . . . . . . . x4542
Tutoring and support for all students as well as advocate for students with disabilities
studentlife.biola.edu/student-support/academic/learning-center

Student Health Center . . . . . . . . . . x4841
Functions like a doctor’s office for all enrolled students and offers over the counter medications
biola.edu/offices/healthcenter

Center for Career Development . . . . x4875
Students can visit the center for resume advice, networking opportunities, internship and job searches, and more
biola.edu/career

Commuter Life . . . . . . . . . . . . . . . . . x4070
A source of support and community for those students not living on campus
studentlife.biola.edu/commuters

International Student Services . . . . x5804
Educational and co-curricular support for global students
studentlife.biola.edu/diversity/global

Residence Life . . . . . . . . . . . . . . . . . . . x4874
Full time Resident Directors and student Resident Assistants live in each residence hall
studentlife.biola.edu/campuslife-housing

To contact others, call (562) 944-0351
DEAR PARENT,

The Center for Career Development is excited to have your student at Biola. We know that one reason for choosing Biola is the career opportunities. My staff and I are privileged to guide your student in their career development.

What does career development mean? We believe God has gifted each person with talents that must be discovered and developed before it is clear where and how each person will be used by God. Therefore, we encourage students to begin the discovery process now.

Internships are one of the best methods to develop skills, learn likes and dislikes, as well as garner “real life” experiences. Employers typically expect college graduates to possess two years of professional experience related to their industry.

Your student can find practical services through our Center that include career counseling, internship and job listings, resume review, mock interviews and job search strategies.

The process begins with enrollment at Biola and we are committed to helping each student finish strong. Please encourage your son or daughter to explore our website, career.biola.edu so that they are aware of the latest career news and events.

It is a blessing to serve your student.

Jeanie Jang  
Director, Center for Career Development  
career.development@biola.edu
THE 4-YEAR JOURNEY

At Biola we are invested in preparing your student for life after college. Our Center for Career Development is available to meet with your student and provide resources to ensure they are ready for graduate school, internships, and careers. Below is a four-year road map for your student as they look to the future:

1ST YEAR ENGAGE: KNOW THEMSELVES

A freshman student should...
- Meet with a career counselor & academic advisor
- Take a career assessment (MBTI or Strong) if advised
- Get involved in academics & co-curricular clubs
- Pursue part time employment in an area of interest

2ND YEAR EXPLORE: WORK OPTIONS

A sophomore student should...
- Research majors
- Seek professors’ advice about careers
- Meet again with a career counselor or academic advisor
- Research various occupations using O*Net
- Determine if graduate school is necessary for their career
- Research organizations & people
- Join a student chapter of a professional association(s) in their field
- Initiate informational interviews with alumni professionals in their field(s)
- Create traditional & online resume (e.g. LinkedIn.com)
- Pursue internships, jobs, or volunteering in an area of career interest

3RD YEAR EXPERIENCE: DIFFERENT INTERNSHIPS

A junior student should...
- Meet with a professor, career counselor and/or academic advisor for insight into internships
- Tailor resume and letters for specific positions & organizations
- Build portfolio (if applicable)
- Refine interviewing skills by practicing
- Attend career networking events, workshops, and expos/fairs
- Continue pursuing internships, jobs, job shadowing, or volunteering in an area of career interest
- Consider studying or working abroad
- Prioritize career interests
- Network with targeted professionals

4TH YEAR EMBARK: FOR THE REAL WORLD

A senior student should...
- Participate in more targeted internships & experiential learning opportunities
- Learn how to articulate their job skills
- Do mock interviews
- Refine search strategies
- Attend career networking events, workshops, and expos/fairs
- Tailor resume, cover letters & portfolio for specific positions, programs & organizations
- Continue networking with professionals
- Apply for career jobs
- Apply for graduate school (if applicable)
MAIL
Your student’s mailing address:
   Student’s name
   13800 Biola Ave.
   Box #_____ (this is not a PO box)
   La Mirada, CA 90639

If your student does not know their box number yet, please write “NEW STUDENT” on the package or letter. Packages can be sent 2 weeks prior to move-in.

Deliveries cannot be made to your student’s dorm room. All deliveries are sent to your student’s campus mailbox and they will receive a delivery notification.

CARE PACKAGES
Care packages can be ordered through Care Package Express and will be delivered to your student’s mailbox. Visit offices1.biola.edu/parents/resources/carepackages/ to learn more.

ILLNESS
Before arriving at Biola, students should be given their insurance card and begin the process of managing their health. In the event that your student becomes ill, they can make an appointment at the Student Health Center. The Health Center does not deliver medications or meals. Students who are too sick to get a meal should request assistance from their roommate, RA or other friend. In the case of prolonged illness, students should make their RA and RD aware. If your student experiences an emergency, they should contact Campus Safety at (562) 777-4000.
GRADES

Due to a federal privacy regulation called FERPA, Biola cannot release grades, course schedules, class attendance and chapel attendance to anyone but the student. Financial information can only be released to parents who have been approved as authorized users. Parents and students should discuss the sharing of information before the student begins classes.

EATING ON-CAMPUS

All students living in the residence halls are required to purchase either a traditional or flex meal plan, with a minimum of 10 meals per week. All plans have a set number of meals plus additional flex dollars, which can be used at the many on-campus eating locations and coffee shops. Meals do not roll over from week to week with the 20, 15, 12, and 10 plans. If the student does not use all their meals in a week, then they won't have extra meals available for the next week.

BANKING

There are a number of banks within walking distance from Biola. The Accounting office has a cashier window at which a student may cash checks for a total of up to $200 per day with a valid Biola ID card. In addition, South Western Federal Credit Union has an ATM machine in the Student Union Building. To learn more about SWFCU, call 800.899.8296.

EMPLOYMENT

Students hoping to work on campus can review the list of jobs available, online at apps.biola.edu/classifieds/jobs, or in the Employment Office located in Metzger Hall.

NO CAR?

Biola offers a free shuttle service for students on Thursday-Sunday. View the schedule as well as pick-up and drop-off locations at biola.edu/shuttle. CareShare (formerly WeCar) is a short-term rental program for students to rent a car on campus for a low hourly rate.

The City of La Mirada offers a dial-a-ride service which operates on weekdays and Saturday for a very low cost. For a complete listing of their schedules and services, check out the City of La Mirada website. Look under ‘Community Services’ and then ‘Transit’.

Students can also refer to the ‘Ride Board’ on My.Biola to make arrangements with other students to carpool.

PAYMENT

Biola offers payment plans in one, two, three or four installments. Learn more at offices.biola.edu/accounting/

Please note that the student must grant parents access as an authorized user to be able to pay online or inquire about the student's account. To do this the student must go to My.Biola, “Student Financials” tab, “Manage My Account”, “Authorized Users”.
# 2014-2015 Academic Calendar

## FALL SEMESTER 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 22</td>
<td>New Students Arrive on Campus</td>
</tr>
<tr>
<td>August 23</td>
<td>Returning Students Arrive on Campus</td>
</tr>
<tr>
<td>August 27</td>
<td>Classes Begin/ Convocation</td>
</tr>
<tr>
<td>September 1</td>
<td>Labor Day Weekend (university closed)</td>
</tr>
<tr>
<td>October 15-17</td>
<td>Torrey Memorial Bible Conference</td>
</tr>
<tr>
<td>October 24-25</td>
<td>Biola Weekend</td>
</tr>
<tr>
<td>November 26-30</td>
<td>Thanksgiving Recess (university closed November 27-30)</td>
</tr>
<tr>
<td>December 15-19</td>
<td>Final Exam Week</td>
</tr>
<tr>
<td>December 19</td>
<td>Fall Commencement, all students must check-out of dorms</td>
</tr>
</tbody>
</table>

## INTERTERM 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 5</td>
<td>Classes Begin</td>
</tr>
<tr>
<td>January 19</td>
<td>Martin Luther King Jr. holiday (university closed)</td>
</tr>
<tr>
<td>January 23</td>
<td>Final Day of Instruction</td>
</tr>
</tbody>
</table>

## SPRING SEMESTER 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 20</td>
<td>Students may return to campus housing</td>
</tr>
<tr>
<td>January 26</td>
<td>Classes Begin/ Convocation</td>
</tr>
<tr>
<td>March 6</td>
<td>Grandparents Day</td>
</tr>
<tr>
<td>March 11-13</td>
<td>Missions Conference</td>
</tr>
<tr>
<td>April 3-12</td>
<td>Easter Recess</td>
</tr>
<tr>
<td>May 18-22</td>
<td>Final Exam Week</td>
</tr>
<tr>
<td>May 22</td>
<td>Undergraduate Commencement</td>
</tr>
<tr>
<td>May 23</td>
<td>Students must move out of campus housing</td>
</tr>
</tbody>
</table>
## Contact Information

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Phone Number</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main University number</td>
<td>(562) 903-6000</td>
<td>Conservatory of Music</td>
<td>(562) 903-4892</td>
</tr>
<tr>
<td>Academic Advising</td>
<td>(562) 903-4782</td>
<td>Counseling Center</td>
<td>(562) 903-4800</td>
</tr>
<tr>
<td>Accounting</td>
<td>(562) 903-4760</td>
<td>Financial Aid</td>
<td>(562) 903-4742</td>
</tr>
<tr>
<td>Athletic Info &amp; Tickets</td>
<td>(562) 903-4887</td>
<td>Auxiliary Services</td>
<td>(562) 903-4872</td>
</tr>
<tr>
<td>Bookstore</td>
<td>(562) 903-4883</td>
<td>Health Center</td>
<td>(562) 903-4841</td>
</tr>
<tr>
<td>Campus Safety</td>
<td>(562) 903-4877</td>
<td>IT HelpDesk</td>
<td>(562) 903-4740</td>
</tr>
<tr>
<td>Mail and Parcel Services</td>
<td>(562) 944-0351, ext. 5475</td>
<td>Parent Relations</td>
<td>(800) 99-BIOLA</td>
</tr>
<tr>
<td>Registrar’s Office</td>
<td>(562) 903-4720</td>
<td>Student Development</td>
<td>(562) 903-4874</td>
</tr>
<tr>
<td>Parent Relations</td>
<td>(800) 99-BIOLA</td>
<td>Student Development</td>
<td>(562) 903-4874</td>
</tr>
<tr>
<td>IT HelpDesk</td>
<td>(562) 903-4740</td>
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## Recommended Reading for Parents


- **Don’t Tell Me What To Do, Just Send Money** - The Essential Parenting Guide to the College Years, Helen E. Johnson & Christine Schelhas-Miller; St. Martin’s Griffin, 2000.


- **You’re On Your Own (but I’m here if you need me)** - Mentoring Your Child During the College Years, Marjorie Savage; Simon & Schuster, 2003.
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biolacounselingcenter.org
counseling.center@biola.edu

The Biola Counseling Center is a mental health facility that provides psychological services to La Mirada, California and surrounding communities. BCC also serves the faculty, staff, and students of Biola University. Our clinicians integrate a Biblical worldview with the science and theory of psychotherapeutic practice. This perspective is used to help clients improve their ability to manage the emotional challenges of daily living. The majority of BCC therapists are associated with Biola University’s Rosemead School of Psychology, either as clinical faculty, post-doctoral therapists, or doctoral students who are supervised by licensed clinical psychologists.

For psychological services, please call 562-903-4800