



THE L&C BUZZ



Hi, new student!

We hope your summer is going well, and that you are making your way through the New Student Checklist. Don't forget that [The Hive portal](#) will help you access all of the information and logins you need, and the [Moodle course](#) can help you mark off tasks as you complete them.

If you haven't checked out the [Financial Essentials webpage](#) yet, we encourage you to do so. This will help guide you through financial matters for the upcoming academic year, including details about paying your account on time, payment plans, financial aid, the health insurance plan, and more.

Important Health Insurance Information

We know that access to health care is key to your college success, so we require you to have comprehensive coverage that includes the Portland area. All undergraduate students are automatically enrolled in and charged for the student health insurance plan through PacificSource, unless you have health insurance that is [comparable](#). If you have questions about whether your insurance meets the criteria, reach out directly to your insurance provider.

You will be billed for our insurance unless you file a waiver demonstrating that you have appropriate coverage.

You will receive a link to the waiver portal in your email from Student and Departmental Account Services on **June 13**. You can request to waive the school-sponsored insurance between June 13 and September 16 (waiver can be submitted online only). We strongly encourage you to file early to avoid charges on your bill and provide time for the waiver to be processed. Visit the Student Health Center's [New Student Information](#) webpage for more information.

Mark your calendar:

- **June 13:** Waiver portal opens
- **June 30:** Preferred waiver filing deadline, to avoid charges appearing on your first bill
- **September 16:** Final waiver filing deadline



Webinar

This week's webinar—held on **Tuesday, May 27 from 1–2 p.m. PDT**—is all about accommodations! The [Office of Student Accessibility](#) will cover everything you need to know about both academic and residential accommodations. A recording of the webinar will be made available for those unable to attend.

[Accommodations Webinar](#)

Checklist Reminders

- Accept or decline federal loans (if applicable)
- Learn about managing your costs

[New Student Checklist](#)

Advice From a Current Student



“Remember you deserve to be here! You deserve to be in the classroom, on the field/court, and on campus! Be yourself, go to office hours, and be open to new experiences, and you will ROCK college. Give yourself grace and patience.”

[Helena Brown BA '26](#)

Sneak Peek

Next week we will touch on your First-Year Seminar: Words and Numbers.

We'll connect again soon!

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[New Student Checklist](#)

[Moodle Course](#)

[The Hive Portal](#)

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