



# Welcome Guide

June 15 - June 20, 2025



May 2025

**Welcome to the 2025 ATSU-Truman Healthcare Academy!**

We are thrilled that the start of 2025 ATSU-Truman Healthcare Academy is approaching! This summer, we look forward to your participation in a dynamic week filled with engaging classes and activities designed to be both challenging and inspiring.

Our Academy team has worked hard throughout the school year, preparing an exceptional experience for you. During your time on campus, you'll explore a variety of healthcare careers and gain firsthand insight into the skills and methods used across the health professions. These include—though are not limited to—osteopathic medicine, nursing, dentistry, exercise science, audiology and speech-language pathology, athletic training, physical and occupational therapy, and nutrition.

You'll participate in hands-on activities, discussions, and simulations throughout the week. One of the highlights is our **Anatomage Anatomy Classroom**, which provides life-size digital cadaver displays for immersive virtual exploration—an exciting and unique educational tool on campus.

We aim to offer you a high-quality, impactful week that exposes you to a wide range of healthcare fields while giving you a taste of life on a college campus. Our directors, staff, and guest presenters eagerly prepare to engage with you every day of the program.

As you prepare for your stay, please review the materials provided. These include essential information such as arrival and departure times, what to bring, and what services are available on the campus of Truman State University. If you or your family have any additional questions, please contact us at **(660) 785-5384** or email **[hca@truman.edu](mailto:hca@truman.edu)**.

We look forward to welcoming you to campus on **June 15, 2025!**

Warm regards,

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Early College Programs  
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# ARRIVAL

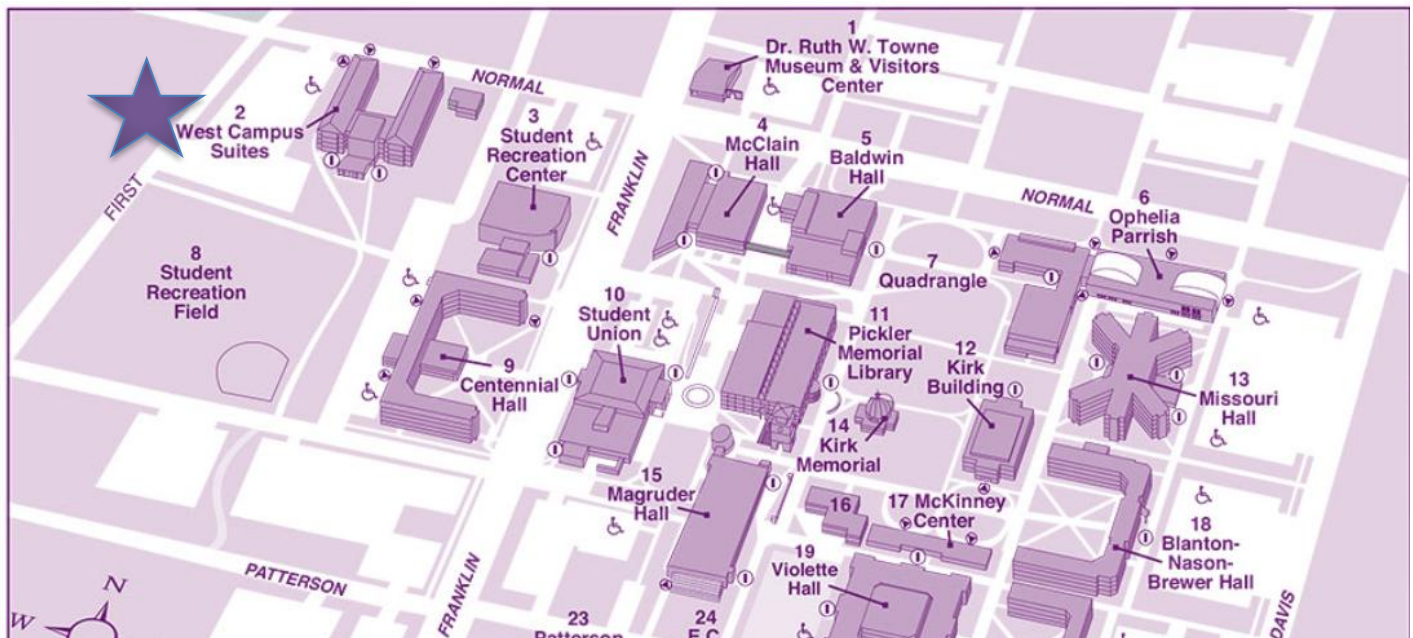
## Check in at West Campus Suites on the Campus of Truman State University:

Sunday, June 15, 2025 ~ 1:00 - 3:00 p.m.

Any time after 1:00 p.m., please be fully moved in before 3:00 p.m.

Enter through the main entrance of **West Campus Suites**, just off the parking lot, to check-in.

\*Please leave your luggage in your car until you have completed the registration process.



### *If You Are Arriving by Car*

The address to use for your GPS to arrive at Truman State University, West Campus Suites is: 215 W. Normal Street, Kirksville, MO 63501. From KCMO - please be sure to GPS to Macon, Mo and then enter the address for West Campus Suites. The alternate route is not recommended.

**From Kansas City:** Take Interstate 35 north to Highway 36. Follow 36 east to Macon, Mo. At Macon, take Highway 63 north into Kirksville. \*This is the recommended route from Kansas City

**From St. Louis:** Take Interstate 70 west to Columbia, Mo. At Columbia, take Highway 63 north into Kirksville. If traffic in Columbia is expected to be busy, you may also take Highway 61 north to Hannibal, Mo. At Hannibal, take Highway 36 west until Macon, Mo., where you will take Highway 63 north into Kirksville.

**From Chicago:** Take Interstate 55 or 57 south or 39/51 south to Interstate 72. Follow 72 west and cross the Mississippi River to Missouri Interstate 36. At Macon, Mo., take Highway 63 north into Kirksville.

## **UPON ARRIVAL:**

If you have any questions, ask anyone wearing an ATSU-Truman Healthcare Academy T-shirt for help. The following tables will be available to facilitate your check-in. Again, we ask that you please do not unload your items until you have gone through each of these tables:

### **Welcome Table**

Officially check in here and receive your room assignment, room key, and student address.

### **Medical Table**

You will turn in all prescription medications. Exceptions are made for students with asthma inhalers, insulin, EpiPens, birth control pills, and topical medications. Parents/Guardians, please ensure your information is accurate before arriving through CampDoc. We cannot finalize your check-in without this being fully completed.

Completion of CampDoc before arrival will prevent your delay in moving in. To access this, check your email (occasionally, it is in spam) for a link from CampDoc to complete this step. This database will contain all your medical information for the week. If you have any trouble with CampDoc, please click on the help links in the program. If you need the information to be resent, you didn't receive it, or you need it sent to a different email, please feel free to email us at [hca@truman.edu](mailto:hca@truman.edu) so we can get that taken care of.

### **Essentials Table**

- \*Students will provide us with their cell phone numbers in case of an emergency.
- \*Confirm access to our wireless connections and log in Information.
- \*Ask any questions not previously covered.

Once these items have been taken care of, you are ready to get your luggage and move into your room. Preceptors will be available to direct you. Once you are moved in, your family may depart campus so you may begin interacting with other academy students and staff. We ask that all families depart no later than 3:00 p.m. so we can start orientation.

### **For questions, comments, or concerns prior to arrival**

Please reach out to our office at [hca@truman.edu](mailto:hca@truman.edu) or call 660-785-5384

## ***\*Schedule for Arrival Day***

Sunday, June 15, 2025

1:00 p.m. – 3:00 p.m.	Check-in at West Campus Suites
3:00 p.m.	Parents/guardians will have departed.
3:15 p.m. – 4:30 p.m.	Student Orientation/Welcome/Introductions
4:30 p.m. – 5:15 p.m.	Dinner
6:15 p.m. – 8:30 p.m.	Campus Activities and Tour
8:30 p.m. – 9:30 p.m.	Hall Meeting / Finish settling into rooms.
10:15 p.m.	Building Curfew
11:00 p.m.	Lights out

### **Departure:**

Students must check out of the residence hall on Friday, June 20, between 10:45 a.m. - 1:00 p.m.

## ***\*Schedule for Departure Day***

Friday, June 20, 2025

7:15 - 7:45 a.m.	Breakfast
8:00 - 10:45 a.m.	Student Final Activities
11:00 - 11:50 a.m.	Lunch - Missouri Hall ~ the cost of lunch is included for ATSU-Truman Healthcare students. Other guests may purchase lunch for \$10.00 per person.
11:00 - 1:00 p.m.	Check Out / Students Departure.

### **Check out procedures:**

1. Parent/Guardian meet their son/daughter in the main lounge of West Campus Suites (same as drop off).
2. Move everything out of their residence hall room to your vehicle. Remember to check the closet, bathroom, and drawers. You may then go to the lounge to begin the check-out process.
3. A staff member will accompany the student back to his/her room to ensure everything has been removed and the room is clean. Students can get cleaning supplies from the floor lounge if the room is not properly cleaned.
4. Items & Room Table - Turn in your room key and check for any lost and found items.
5. Medical Table - Students will pick up medications.

*\*Arrival and Departure schedules are subject to change.*

# STUDENT LIFE OVERVIEW

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## *Introduction*

In addition to their coursework, our students enjoy a rich experience outside the classroom. They live on campus under the supervision of resident staff and preceptors and participate in a variety of activities. As important, they get to know other students whose interests are diverse and who share their exceptional academic abilities and love of learning. Lasting friendships develop as students learn from each other both in and out of the activities/classrooms.

## *Supervision*

Directors: While students are ultimately responsible for their own conduct, administrative, instructional, and residential staff all work together to provide clear guidelines and careful supervision. Outside class, students are supervised by the Directors and preceptors. The Directors are Professors and former Professor of Truman State University and the Assistant Director of Diversity from AT Still University.

Preceptors: The students are also supervised by preceptors, some of the best students at Truman. Preceptors are interviewed individually by the Dean, required to have a strong GPA, background checks, and references; and attend training such as student management, campus and academy policies, along with diversity and team building included. Our preceptors live in the same residence halls as the students, providing support and encouragement, enforcing expectations, assisting in all activities, events and recreational programs.

Night Monitor: For overnights, we provide a night monitor who is awake throughout the night to meet any needs that students may have. They also provide security for our students, in addition to our campus security patrols. Our night monitor is a Truman alum and works during the universities school year with Truman's Upward Bound programs.

## *Residential Life Rules*

- Students must remain on Truman's campus unless accompanied by a preceptor, staff member, or parent/guardian.
- Students must remain in their rooms after curfew and lights must be out each night at the designated time. Students may not leave the residence hall before 7:00 a.m. and must be in at 10:15 p.m. unless otherwise planned/approved.
- The following are prohibited: alcoholic beverages and illegal drugs; cigarettes, tobacco products, vaping, e-cigarettes, matches, candles, and incense; coffee pots and other cooking appliances; tampering with fire equipment; and damage to university property. Students who possess or use alcoholic beverages, illegal drugs, or any tobacco products will be immediately dismissed from the Academy with no refund issued.
- Students are expected to behave in a mature manner. They will be expected to show respect to the faculty, staff, fellow students, the campus as a whole and themselves. Students who use disrespectful or obscene language will be counseled as to expectations.
- Rules / expectations are discussed with the students, so all rules and expectations are understood.

## *Classroom / Presentation Expectations*

- Students are expected to work to the best of their abilities. The students who excel at the Academy are those who take responsibility for their own education and have a genuine desire to learn.
- Students who demonstrate a lack of effort in the classroom or who engage in disruptive behavior will work with the Director(s) to resolve the situation.
- The Academy reserves the right to dismiss a student without a refund for disruptive behaviors. Parent/guardians will be responsible for any and all costs associated with early return home due to dismissal, including (if applicable) airfare, ground transportation to the airport, and staff expenses.

## Attendance Policy

*In order for students to receive the full academic benefits of the Academy, **they must remain on the campus for the entire session.** We believe strongly that completion of the whole program is a primary objective of attendance.*

*Exceptions will be made only for medical, or family emergencies as determined by the Academy. Students who leave for any other reason will not be allowed to return.*

## Expectations for Student Conduct

We expect our students to meet the highest standards of behavior. Students will:

- Strive to do the best work possible at all times;
- Respect individuals of different races, cultures, religions, genders, disabilities, personal appearances, sexual orientations, and national origins;
- Behave in a friendly, cooperative, and responsible manner toward all persons in the Academy and in the larger universities and local community;
- Attend all sessions, meals, activities, and meetings, observing all rules for student conduct.

**We cannot accommodate students who are unable to live up to these expectations.**

Once students arrive on campus they will learn about our standards for behavior, including our residential life and academic rules, at orientation. These include a commitment to academic integrity, respect for all members of the community, regard for the basic rules of physical safety, and cooperation with adult supervision.

**Students may be dismissed from the program for any of the following reasons:**

- Possessing or using tobacco, vaping/e-cigarettes, alcohol, or drugs (students possessing any of these items will be immediately dismissed from the Academy);
- Not attending to their academic work/disrupting of other students work;
- Being in restricted areas of campus, or leaving campus, unaccompanied by a staff member, preceptors, or parent/guardian;
- Leaving their room/hall after lights out;
- Stealing or vandalizing property;
- Bullying or hazing;
- Undermining the safety or well-being of self or others (including threats).

## Students may have consequences for the following reasons:

- Students who use disrespectful or obscene language;
- Students who engage in disruptive behavior;
- Inappropriate behavior or violations of rules.

The Director will refer students involved in repeated or serious incidents to the Dean who has the authority to dismiss students based on behavioral inside or out of the classroom. Students expelled from the Academy will not receive a refund and parent/guardians will be responsible for any expenses associated with their son or daughter's early return, including transportation costs.

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## *Student Activity Time*

Most evenings will include a mix of activities and free time. Some activities may be basketball, volleyball, painting, escape rooms, etc. Students with physical limitations that might prevent involvement in certain activities are encouraged to share relevant details on their medical form and keep the Directors apprised of any concerns with regards to any scheduled activities.

## Daily Schedule

The day and evening schedule on campus is quite full. Students are required to attend all of the scheduled activities and events (both academic and recreational).

Some days will vary slightly to accommodate special speakers, activities, and lectures. A full schedule will be provided to students at Check In.

Monday – Thursday (Subject to change)

7:00 am – 7:50 am	Breakfast/Free time
8:00 am – 11:00 pm	Morning Presentations / Rotations
11:00 am – 12:00 pm	Lunch/Free time
12:00 pm – 4:30 pm	Afternoon Presentations / Rotations
4:45 pm – 5:45 pm	Dinner/Free time
6:00 pm – 8:30 pm	Evening Activities / Events
8:30 pm – 9:30 pm	Free Time
9:30 pm – 10:00 pm	Hall meeting
10:15 pm	Curfew
11:00 pm	Lights out

# Living on Campus

## Housing

Students live with their preceptors in West Campus Residence Hall on the Truman State University Campus. Each housing group has approximately 15 students who live nearby in their hall and a housing group preceptor. Housing group preceptors will participate in the planning of evening hall meetings/activities. They will also hang out with students after the curfew and help them get to know each other and feel comfortable at the Academy. The housing group is integral to the residential experience, providing students with a sense of identity and belonging within the larger ATSU-Truman Healthcare Academy community. A major part of their job is to share with students an understanding of what college life is like, ensure their safety, and provide directions and support to and from the directors.

Students will be given room assignments when they check in. Most students are assigned to double rooms and share a bathroom with the connecting room.

## *Room Furnishings*

The University furnishes most rooms with bunkable/loftable beds, standard twin-sized mattresses (36" x 76"), a shared dresser or drawers and closets or wardrobes. All residence hall rooms have a desk with drawer space for each resident. You may want to bring a mattress pad or foam padding, along with your own bed linens, pillow, blanket, and clothing hangers.

Students are allowed to bring a small refrigerator but must limit them to 2'w x 3'h x 2'd in size.

Residents using extension cords are strongly encouraged to use grounded 3-prong, 15-amp minimum, extension cords and/or surge protectors. All electronics or appliances must be UL approved and in good working condition. Please refer to the "Things to Bring" and "Things NOT to Bring" lists when considering what electrical devices to bring.

## *Things to Bring / Not to Bring*

Please see the attached sheet that includes a helpful list. Please note that we reserve the right to confiscate, for the length of the program to be returned to parent/guardians, any items that we believe and/or find to demonstrate the potential for distracting students from the goals of the program, pose undue risk to the safety and well-being of people, or pose undue risk to property.

## *Student I.D.*

Each student will receive an I.D. card at Check-In. This university identification card will serve as a meal card and library card during the students' stay.

All meals beginning Sunday dinner, June 15, through Friday lunch, June 20 are included in the program costs. Sodexo dining service offers a wide selection of food at every meal, and their menus are varied enough to accommodate vegan, vegetarian, gluten-free, and other dietary needs. If a student requires other special dietary needs or has food allergies, please ensure all this is reflected in your student's health form so we can plan for their needs. Feel free to contact us before your arrival if you have any concerns or needs not addressed here.

Please refer to the symbols below and share with your students which one they should look for when selecting meal options. Another tip for students is to look for the *Simple Solutions* stations for allergy-free options.

### Vegetarian

Menu items with the vegetarian icon contain no meat, fish or poultry, or any meat products such as soup base. Our vegetarian offerings meet the needs of lacto-ovo vegetarians and may include eggs and/or dairy products.



### Vegan

Vegan offerings contain no meat, fish, eggs, milk or other animal-derived products such as honey.



*Specific Food Allergies:* Most students with food allergies manage by selecting from the variety of items available on the regular menu and salad bar. Students with highly sensitive airborne food allergies (such as highly reactive nut allergies) should let us know in advance.

Sodexo has a program called Simple Servings. This is their approach to proactively address most of the ingredients that account for 90% of all food-allergy reactions: **milk, eggs, wheat, soy, shellfish, peanuts, and tree nuts.**

*Simple Servings* also appeals to students who prefer plain and simple foods and those with other health-related dietary concerns, such as Type I diabetes.

You will find *Simple Serving* stations in the dining hall, which are naturally free of milk, eggs, wheat, soy, shellfish, peanuts, tree nuts and gluten. The lunch and dinner menu change daily and include varied protein options: fish, beef, pork, chicken and turkey. All side dishes are vegan, containing no milk, eggs, fish or meat products.

## *Telephone / Cell Phones*

It is essential for students to be focused/engaged in activities and sleeping at night. Therefore, while we allow students to carry their phones, they are encouraged to keep them in their rooms. The intent of this policy is that students should only be using cell phones to communicate with their families and occasionally take pictures. The appropriate times to text or make calls will be explained to students during the Academy orientation.

**The best times to reach students are: 7:00 a.m. – 8:00 a.m. and 10:15 p.m. – 10:45 p.m.**

*Please refrain from calling/texting students after lights out at 11:00 p.m. or before 7:00 a.m.*

Cell phones used outside of specified hours or outside the residence hall (such as in class or during activities), for playing games, or for inappropriate reasons such as prank calls may be confiscated up to and including the duration of the session. Cell phone limitations extend to all smart devices such as tablets, watches, etc. So, while these devices commonly share music and camera functions, we restrict their use to ensure the educational component and community building.

We reserve the right to hold phones for policy violations during the Academy's duration. ATSU-Truman Healthcare Academy assumes no responsibility for the loss or damage of cell phones or for the misuse of cell phones, including exceeding plan limits or use by unauthorized persons. Students caught with cell phones being used in ways inconsistent with this policy will have their phones confiscated. Parents/Guardians should understand that exceptions to this policy will not be made, even if confiscating a cell phone for misuse or abuse interrupts communication with parents/guardians. Parents/Guardians concerned about their student's ability to abide by these rules are advised to ensure proper discussions with their student(s).

## *Custody Issues*

Please indicate any issues you believe we should be made aware of on the: *Authorization to Visit/Take Student Off Campus* form AND have attached copies of pertinent \*legal documentation.

\*Any legal documentation must be signed by the Judge/Court and dated.

## *Health Services and Insurance*

The Directors will provide the Health and Wellness welfare of the students. They will contact parent/guardians about health issues their children may be experiencing. We require all students to have completed health information through our provider, CampDoc. You will receive a welcome email to complete the information.

The Academy has made arrangements with a local physician to care for its students. Whenever possible, the Director will contact parents/guardians before the Academy takes their child to the physician; however, sometimes this notification may occur afterwards.

Emergency medical service is available at Kirksville's Northeast Regional Medical Center. All students must submit medical history forms and a copy of their health insurance card, which the Academy will keep on file. Students will be responsible for any co-payment at the doctor's office, hospital, or pharmacy at the time of the service.

Those students with long-standing medical conditions should request their physician to forward relevant information to the Academy.

## *Medications*

All student medications must be turned into the Director upon check-in.

**\*NO medications are allowed to be kept in student rooms** (with the exceptions of inhalers, topical medications, birth control pills, epi-pens, and similar rescue medications, which shall be approved on a case-by-case basis).

*Students must self-administer medication as directed by their parent/guardian or physician, and the Director will log all medications taken. We do make common over-the-counter medications available in the med room upon request by the student. Parents/guardians are strongly advised to note any allergies or potential drug interactions with prescribed medications on their child's medical form.*

In addition, parents/guardians are urged to talk with their children before they come to campus about any over-the-counter medications they feel comfortable/uncomfortable with their child selecting.

***\*Exception: Parents or guardians may authorize their children to retain maintenance medications, provided the medications have no potential for abuse and missed or discontinued dosages present no risk. Written authorization from the student's physician and parents or guardians is required.***

*Please Note: While the Co-Directors are scholars in the health science discipline, they are not nurses or medical professionals. Health decisions beyond those involving parental instructions will begin with the student, where simple choices are possible, and end with parents/guardians and local physicians.*

## **Cars and Personal Transportation**

For several reasons, we strongly prefer that students do not drive themselves to and from the program. Nonetheless, some students may be old enough to drive, and parents/guardians may be inclined to let them. Students who drive to ATSU-Truman Healthcare Academy must turn over their car keys to our staff upon arrival. Under no circumstances will they be permitted to drive during the Academy and/or leave campus unaccompanied.

Parents/Guardians must provide permission acknowledging that the student is allowed to check themselves in and out of the Academy. Such permission must be received by email ([hca@truman.edu](mailto:hca@truman.edu)) before the start of the Academy. Under no circumstances will ATSU-Truman Healthcare Academy allow a student to check out of the Academy with another student without written instructions and permission from a parent/guardian.

## **Personal Belongings/Lost and Found**

Students are always responsible for the safekeeping of their personal belongings. We urge students to label all their belongings, including clothing, with their first and last names. ATSU-Truman Healthcare Academy is not responsible for theft or other loss of, or damage to, students' personal belongings, including athletic equipment, electronics, musical instruments, clothing, or any other items brought to or purchased on campus. When considering whether to bring an expensive item, families may wish to investigate possible coverage under their homeowner's or renter's insurance. In general, we recommend that students leave valuables at home.

ATSU-Truman Healthcare Academy will maintain a lost and found box. Clearly labeled items are the most likely to be successfully returned. ATSU-Truman Healthcare Academy cannot be responsible for items left behind at the end of the session.

# CAMPUS MAP

