

WASHINGTON MENTORSHIP PROGRAM

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STUDENT GUIDE

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MESSAGE FROM THE DEAN

Welcome to the Washington Mentorship Program! In the following pages I would like to introduce you to the city that will be your home for the next four years and to this unique program. You will be part of our nation's capital, culturally one of the richest cities in America and the information capital of the world.

Our faculty will challenge and prepare you, just as our seminar speakers and your Mentored Field Practicum will enrich you. Beyond the formal academic program, I urge you to experience Washington and get engaged with the full college experience in the nation's capital. Spend your free time not in the residence halls, but in seeking information, whether from touring the museums and galleries of the Smithsonian, or volunteering in a soup kitchen, or getting involved in clubs and activities on the main campus at AU.

Sincerely,

David C. Brown, Dean
Washington Semester

ABOUT THE PROGRAM

As you know, the Washington Mentorship Program combines academic study with experiential learning. You will be part of a select group of students enrolled in this unique program on the University's Tenley campus. Upon successful completion of the five-course program, you will have earned 15 credits towards your degree at the university.

At the core of the program are the seminars taught by your Mentorship Program professors in Politics in the US, Justice & Cross-Cultural Communication. Your seminars will feature policy makers, professionals, and experts; research that relies on the rich information resources of Washington D.C.; and practical, professional work experience that you gain twice a week at your Mentored Field Practicum. Your seminar classes will use the city of Washington, D.C., global nexus of national and international interactions as your laboratory. In the process, you will grapple with the sometimes incongruous, sometimes complementary, aspects of decision making and work. Ultimately, the goal of the program is to give you, for academic credit, a learning experience different from that of a traditional classroom- a tangible explanation of how decisions in numerous fields are made and results produced through the clash of power and daily activity in the nation's capital.

Your Washington Mentorship Program experience is not just an opportunity to learn; it is a chance to build your credentials and make contacts among professionals. The specialized skills and knowledge you acquire will help distinguish your resume from those of other college freshmen. To get the most out of this very special program, view each day as a new opportunity for your academic and professional development. Be enthusiastic, informed, humble, and motivated and your first semester in Washington will have a positive, lasting effect on you.

ABOUT THE UNIVERSITY

Half a mile down the road from the Tenley Campus-home of the Mentorship Program- is the main campus of American University (AU). AU is a liberal arts school of more than 5,000 undergraduates and 5,000 graduate students. Our faculty members include Pulitzer Prize winners, Emmy Award winners, and nationally and internationally recognized scholars, teachers and government consultants.

As a Washington Mentorship Program student, you will be part of a campus that is alive with activity: plays, concerts, films, residence halls socials, intramural and varsity sports, fitness programs, Greek life, community service, and about 100 clubs. Every semester, visiting writers and artists, journalists, and political leaders come to campus to give readings and speeches or lead seminars and workshops. Main campus is easily accessible to Washington Mentorship Program students. You can take a pleasant 10-15 minute walk up Nebraska Avenue, passing the Embassy of Japan and the residence of the Swedish Ambassador. Or you can catch the AU shuttle bus, which stops in front of the Tenley Campus residence halls. **As a Washington Mentorship Program student you are entitled and encouraged to use all the facilities and programs available to American University students. Staying active and participating in programs on main campus will ease your transition from Tenley Campus to Main Campus.**

Bender Library, on the main campus, is also available for your use. Here you will find many resources, including microforms and non-print media. Bender Library will be open 24 hours a day beginning in the fall of 2008.

One of the highlights of the main campus is the modern sports center. It houses **Bender Arena** (where the AU Eagles play their home basketball games), the Reeves Aquatic Center and Jacobs Fitness Center with weight training equipment and aerobics. All these facilities are available to you. Hours are posted each semester at www.american.edu/jacobsfitness/.

Butler Pavilion, adjacent to the sports center, houses the AU bookstore, the Eagle's Nest (a convenience store), the UPS store, Chevy Chase Bank, Megabytes Café, McDonald's, STA travel agency, and Hair City salon. The **Career Center** in this building offers a variety of services.

Several **computing centers** are available on the main campus. Most have IBM and Macintosh PCs and mainframe computers. They are located in several buildings: Mary Graydon Center, Anderson, Hurst, McDowell, Ward, KOGOD, and Battelle-Tompkins Halls. Tenley Campus has a small computing center in Federal Hall to supplement those on the main campus.

The **Student Health Center** is located in McCabe Hall. The city requires that all students under the age of 26 enrolled in school in D.C. comply with immunization regulations. Health insurance is mandatory for all resident, full-time degree, and international students enrolled at American University. Most students under the age of 21 are covered by their parents' health insurance. (Check with your parents to be sure you are covered.) **AU**

sponsors a health insurance plan in which you will be enrolled, if you do not certify that you are currently covered by an individual, family, or employer health plan. You have received information about AU's health insurance plan. Please be sure you to complete and return the waiver form if you are covered by an insurance policy to avoid charges being placed on your account.

THE GUIDE

The students do make the program! This is YOUR freshman year of college. Make the most of it. We will be there right along with you to ensure that you get the best AU can offer. The Washington Mentorship Program relies on you and your fellow students to work with our faculty and staff to make this a fantastic semester and a great beginning to your college career. You, in turn, rely on the administrative staff to help you settle in. Perhaps the best way for us to say "welcome" is to anticipate some of your questions before you arrive. Knowing what to expect can greatly ease arrival anxiety.

VITAL DETAILS

Arrival: Residence Halls open at 9:00 a.m. on Saturday, August 15th. Please plan to be moved in by 10:00 p.m. on Sunday, August 16th. A welcome reception hosted by Dean Brown has been scheduled for 11 a.m. on Monday, August 17th. **Please Note:** Only housing staff and a few students will be on campus over the weekend. No program staff will be available and the dining hall will not be open. However, some students do move in over the weekend and eat either in local restaurants or on the main campus.

If you must arrive later than Monday, please notify the Washington Mentorship office at 202-895-4936.

Baggage: Packing for college is a big task. You will be spending many of your seminars with people wearing business suits, and you will be required to dress appropriately when attending these seminars. Bring comfortable shoes for the first few days of sightseeing. Since you will be doing a lot of written work while you are here, a computer may be helpful.

Some students find that shipping baggage to campus is easier than bringing it with them. If you plan to do this, **ship baggage to arrive at the university after you do.** You may check your my.american.edu account for your precise campus address and university room assignments now. You can use this information to address your packages. Once your packages arrive, you will receive an email informing you that your package is ready for pick-up at the CONGRESSIONAL HALL front desk. You will need your AU ID in order to pick-up your package. Campus addresses generally follow the structure presented here. **Please note:** Tenley Campus is actually located off Nebraska Avenue. This address is used for mail purposes only.

Your Name
Your Residence Hall, Your Room #
4400 Massachusetts Avenue, NW
Washington, DC 20016

If you forget to bring a necessary item or wish to wait until your arrival to purchase some items, you can easily get to the department and convenience stores near campus.

Identification Cards: Once you arrive, you will receive your AU ID card. You can speed the process by submitting a picture online through your portal. The ID is used to gain entrance to the residence halls, university dining facilities, university athletic facilities, the shuttle bus, university performance showcases, athletic events, and to access your EagleBucks account. We strongly encourage you to enjoy AU student events and activities, many of which are already covered by your student fees. You will receive a preliminary schedule of the semester events in your orientation guide.

Cars: Freshmen are not allowed to have cars on campus or in the area while living in campus housing. This is a very serious rule that is not to be taken lightly.

Computers: Tenley Campus has a small satellite computing center. The Tenley Computing Center has a laser printer and PCs with Windows, Internet, Microsoft Word and WordPerfect. Once you arrive, you can set up your e-mail account to use at Tenley or at main campus centers. The Tenley Computing Center frequently gets crowded, so you might consider bringing a personal computer for your room. With your own computer you can access e-mail and the Internet in your room with a special connection (network port) that you can arrange once you are here. There will be up to three ports available per room. AU is also a wireless campus. If you have an 802.11b-compatible wireless Ethernet adapter that supports 128-bit encryption, you will be able to log on to the Internet or EagleNet from any of the wireless-enabled buildings without having to worry about locating a network port and plugging in your computer. With this equipment you could sit on the lawn with your laptop and still access the Internet.

Semester Expenses: In addition to the tuition, room, board, and other miscellaneous expenses, here are some other expenses to consider when you are budgeting for the semester. While some of these minor expenses may not affect you, it is best to be prepared for them.

Books: Your budget should include finances for your books. The typical cost for books is at least \$500.

Transportation: You must also plan for transportation costs. Metro (subway) fares vary with the distance traveled. You will use Metro two to seven times a week for seminars with speakers and/or your Mentored Field Practicum, in addition to any other personal uses. Metro fares are generally between \$1.35 and \$3.00 one way. Metro bus fares are generally \$1.35 for trips within Washington. The average university student is reported to spend around \$300 for transportation per semester.

Entertainment: Expenses are as varied as people. Washington, however, tends to be an expensive city. A movie ticket is around \$8.50 and the theater starts at about \$25. However, some theaters give student discounts, so you should always ask for one. These prices are meant not to deter you but rather to give you an idea of costs. Nor

are they meant to say there are not inexpensive or free things to do. Student groups always host and sponsor several free events on main campus.

Miscellaneous: Occasionally, the program may have a photographer take **pictures** of your seminar with a well-known guest speaker. In addition, some programs have scheduled seminars or tours of locations that require an **entrance fee** or the purchase of publications pertaining to the organization.

If you are planning to remain at the university during Thanksgiving break or for a day after the semester ends, you should have extra money for **meals** when the Tenley Café and Terrace Dining Room are closed.

Banking and Check Cashing: You are advised to open a personal account in Washington because it is difficult to cash out-of-state checks here. The university bookstore will allow you to purchase items with out-of-state checks with a valid AU student ID. There are several banks in the area. Most require two pieces of ID to open an account: a driver's license or non-driver's ID, credit card, passport, or AU ID. Before you set up an account, you may want to ask about: minimum deposit needed to open an account, minimum monthly balance, special student checking accounts, monthly service charges or fees, number of checks cashed each month with no fee, ATM card availability and fees. We do not endorse any particular bank, but for your convenience we've listed below a few of the banks within walking distance of Tenley Campus.

Riggs Bank, 1-800-368-5800, the Friendship Branch is located on Wisconsin Avenue a few blocks south of Tenley Campus.

Sun Trust Bank, 202-879-6621, the Foxhall Square Branch is located near the main campus, on New Mexico Avenue.

Chevy Chase Bank, 202-885-6440, the AU Branch is located on main campus and the Tenley Branch is located on Wisconsin Avenue a few blocks south of Tenley Campus. There is also a Chevy Chase ATM in Federal Hall on the Tenley campus.

There are also several **Western Union locations** around the Tenley campus:

Rite Aid, 3301 New Mexico Avenue, NW, 202-966-4900

Super Fresh, 4330 48th St., NW, 202-362-4208

Giant Store, 3406 Wisconsin Ave. NW, 202-363-3809

Safeway, 4203 Davenport St., NW, 202-364-0290

Bill Paying: Student Accounts is located in the Asbury Building on the main campus. Always write your Social Security number or AU ID# on all billing and registration forms and payments. Please call us prior to your arrival if you have questions. Please direct all billing questions to Kelly Godfrey, 202-885-3554. She handles all student account related issues for the Mentorship Program. The most important thing to remember in resolving any billing problem is to always have specific written verifications.

ON-CAMPUS LIVING

Most Washington Mentorship Program students will be housed in triple rooms in Federal or Congressional Hall. There will be Resident Assistants (RA's) assigned specifically to the Washington Mentorship Program students. Keep in mind that your RA's are here to help you. If you have any residence hall problems, you can see the RA on duty or contact the front desk of Congressional Hall.

Housing and Dining Programs will post your University Housing Assignment on <my.american.edu> (under **Academics**) before you arrive. **No matter which hall you are assigned to, you must report to Congressional Hall to check in and to receive a room key and temporary access card.** If you do not have your housing assignment before you arrive, report to Congressional Hall anyway.

ROOMS

All residence halls are equipped with beds, clothes chests, desks and chairs. The halls are air-conditioned but you might want to bring a small fan for the warmer weeks at the beginning of the semester. See the attached *What to Bring Checklist* for a list of items you should gather as you begin packing.

T.V and WORKING OUT

Cable television is provided in all student rooms as well as access to the university's computer network, EagleNet, which includes free access to the internet and e-mail. There is a big screen television with cable in each hall lounge. Additionally, there is a small workout room with limited fitness equipment located on the first floor of Capital Hall. This facility is typically not open until the third week of the semester since it is staffed by Tenley campus students. The Fitness Center on the main campus is open earlier and has state of the art equipment.

PHONES

Each residence hall room comes equipped with a phone jack and voice mail (up to 3 individual mailboxes). All you need to do is supply a true touch tone phone. Check with your roommate(s) to decide who will bring a phone. The phone number is printed on the phone jack, so you will need to wait until you get to campus to get your phone number. If the number is not on the jack, please contact the Congressional Hall front desk.

Please note that in-room telephone lines only make on-campus phone calls (to University offices, professors' offices, etc.) There are telephones on each hall floor available to students who wish to make off-campus calls. Students are advised to bring a cell phone, and will usually find this is the easiest way to make phone calls. AU has a partnership with service providers Cingular, AT&T and T-Mobile to ensure campus-wide cell phone reception. Discounts for these vendors can be found on the my.american.edu student portal.

LAUNDRY

Laundry facilities are located in each of the halls. In Federal Hall, the washers and dryers are located on the first floor near the Lounge, Reading Room and Tenley Computing Center. You may use your EagleBucks to operate the machines to add value to your account. There are various value machines located around campus, for more information visit <www.eaglebucks.com>.

FOOD

Limited kitchen facilities – a small sink with disposal, a four burner stove with an oven, and a microwave oven – are located on all of the floors. Small refrigerators for your room may be rented for the semester from Campus Rentals. They can be contacted at 240-277-3223, or visit them on the web at <www.campusrentalsau.com>. Go to the Tenley Campus section. ***Major appliances (coffee makers, toasters, hot plates, microwaves, etc.) may not be used in individual rooms.***

CONDUCT

As with all students residing in American University residence halls, Washington Mentorship Program students are expected to follow the American University Code of Conduct. A detailed description of the Code of Conduct and Regulations for Student Conduct in American University Residence Halls will be provided when you arrive. The regulations protect both you and your fellow students. They will be explained thoroughly in mandatory floor meetings with your resident assistants and should not be taken lightly. Keep in mind that the University's "no alcohol" and "no car" policies are the most commonly misinterpreted. The resident assistants, resident director, or Washington Semester staff can answer any questions you may have about regulations in the student code of conduct.

SAFETY

Tenley Campus and the main campus are located in a very nice residential area of northwest D.C. While the area is safe, some precautions are always recommended in a large city. When living in the residence halls always keep your door locked and carry your key. Do not let strangers into the residence halls. You are issued an access card to enter the building, and you should carry it with you at all times. Common sense is the underlying rule for the safety of you and your belongings. Information about public safety on campus is updated daily and can be located at <www.american.edu/finance/dps>.

DINING

The Tenley Café is located on Tenley Campus and is open seven days a week. During the week, the cafeteria serves breakfast, lunch and dinner. On weekends and holidays, it serves brunch and dinner. Bon Appetit, which operates the cafeteria, offers block meal plans of Super (unlimited), 200 meals, or 150 meals for the semester. Washington Mentorship Program students residing on the Tenley Campus are required to enroll in a plan and are auto-enrolled in the 150-block plan, but can change to a higher plan upon arrival. As a freshman, the smallest meal plan option is the 150 block with \$300 Eaglebucks. With the exception of the Super Plan, each of the other plans includes \$300 in EagleBucks.

EagleBucks is a prepaid form of payment included in four of the five meal plans offered at AU. **EagleBucks** are currently accepted at all campus retailer and area off-campus vendors

such as Domino's Pizza, Philadelphia Cheesesteak Factory, Taiwan Café, Tenley Nails, Haagen Dazs and much more. To find out more about EagleBucks and which vendors accept them, visit <www.eaglebucks.com>.

Eagle's Nest, a convenience store with a variety of packaged foods and sundries, is located on main campus.

Within walking distance of Tenley Campus are a wide variety of restaurants. To see a sampling of what's available, please see the attached dining list.

GETTING AROUND WASHINGTON

Washington is divided into four quadrants, Northwest (where AU is located), Northeast, Southwest, and Southeast. The Capitol (where the House of Representatives and the Senate meet) is at the center of these quadrants. North Capitol and South Capitol Streets divide the city into east and west, The Mall (the lawn area lined by the Smithsonian Institution buildings) and East Capitol Street divide the city into north and south.

Starting at the Capitol, the streets are arranged like a grid with the numbered streets running north and south and the lettered streets running east and west. The letters and numbers ascend as you move away from the Capitol in any of the four quadrants. The main avenues, which are named for states, run diagonally across the city. If you know where you are and where you need to go, you usually can count the blocks to see how far you must travel.

RIDING THE METRO RAIL

Tenley Campus is less than two blocks from the Tenleytown-AU station of the Metrorail (Metro) Subway system. The Tenleytown station is on the Red Line, one of five lines that serve the Washington, D.C./suburban Maryland/northern Virginia metropolitan area. If you need to transfer to one of the Metro lines, you can do so at several stations. For example, at Metro Center you can transfer to the Orange or Blue lines and at Gallery Place you can switch to the Yellow or Green lines. All Metro stations have maps of the system as well as listings of the fares from that station to any other station in the system.

You need to purchase a farecard to use the Metrorail system. The farecard machines are located in all Metro stations, each with instructions. The machines will not accept bills that are crumpled, torn, or folded. They will only accept \$1, \$5, \$10 and \$20 bills. It also accepts credit and debit cards. Fare cards are good for an unlimited time; you just need to pay attention to how much money is still on your card. If you find there is not enough money on your card to pay for your trip, use the addfare machine to add more money to your card.

You can also purchase a SmarTrip card. The SmarTrip is a plastic metro card that allows you to move more quickly through the metro gates and track your card if you happen to lose it. For more information, visit <http://www.wmata.com/riding/smartrip.cfm>.

The hours for Metrorail are 5:30 a.m. to 12:00 a.m., Monday through Thursday; 5:30 a.m. to 3:00 a.m. on Friday; 7:30am to 3am Saturday and 7a.m. to 12 a.m. on Sunday. These times are approximate; it is best to check each station's posted operating hours. For Metro route

and schedule information, call 202-637-7000 or visit the web site at <<http://www.wmata.com>>. Some of the places you might visit frequently are listed below, along with their Metro stops.

- ❖ **Capitol Hill-Union Station** (Red Line) or **Capitol South** (Orange/Blue Lines)
- ❖ **National Airport-National Airport** (Blue/Yellow Lines)
- ❖ **National Zoo- Woodley Park Zoo** (Red Line) or **Cleveland Park** (Red Line)
- ❖ **The Shops- Metro Center** (Orange/Blue Lines and Red Line)
- ❖ **The National Mall- Smithsonian** (Orange/Blue Lines)
- ❖ **Convention Center- Mt. Vernon Sq/7th St.-Convention Center** (Yellow/Green Lines)
- ❖ **The Verizon Center- Gallery Place/Chinatown** (Yellow/Green Lines and Red Line)
- ❖ **RFK Stadium- Stadium-Armory** (Orange/Blue Lines)
- ❖ **Pentagon- Pentagon** (Blue/Yellow Lines)

RIDING THE METRO BUS

When Metrorail can't get you where you need to go, Metrobus likely can. Several bus lines run near Tenley Campus. The M4 bus travels along Nebraska Avenue and stops in front of Tenley Campus and the main campus on the way to Sibley Hospital. The M4 runs Monday through Saturday until 9:18 p.m. During rush hour it runs every 15 minutes; otherwise it runs every 30 minutes.

The numbers; 30, 32, 34, 36 and 37 busses run along Wisconsin Avenue approximately every 15 minutes, everyday from about 4:40 a.m. until about 2:30 a.m. On the East Side of Wisconsin Avenue, the 30s busses marked Hillcrest, Naylor Gardens, or Shipley Terrace take you south to Georgetown or Capitol Hill. While Capitol Hill is also accessible by Metrorail (which is usually quicker than the bus), Georgetown does not have a Metro Station, so the southbound 30's buses are your best bet. It takes about 20 minutes to travel from Tenley Campus to Georgetown. There is a shuttle running from Dupont Circle South to Georgetown and Rosslyn Metro stop for .30¢ or .25¢ with a metrorail transfer.

TRANSFERS

If your trip requires a transfer between bus lines or from Metrorail to bus, you may do so at little extra cost by using a transfer ticket. To transfer between bus routes simply ask the driver for a transfer ticket when you board the first bus; bus transfers are free for 2 hours. If you need to transfer from Metrorail to bus, you may do so within D.C. for \$0.35 using a rail-to-bus transfer ticket. Transfers from Metrorail to Metro Express bus is \$1.65. **(You must get a transfer ticket at the station where you board the train, not where you leave.)** There are rail-to-bus transfer ticket machines at all Metro Stations. (Note: You may not use a transfer ticket from bus to rail. You must use a farecard for rail service.)

EXPLORING THE CITY

Washington D.C., during business hours, is an exciting city. Your seminars will introduce you to the people who make things happen. Your Mentored Field Practicum will take you to the places where those people work. You will be part of the action that is the nation's capital.

Washington, D.C. after hours is no less exciting. There is much to see and do when you are not busy studying.

The District is rich in history and tradition; from the world-renowned Smithsonian Institution to the U.S. Capitol. Seeing all the city has to offer will take all semester and longer. In fact, there are 14 **Smithsonian museums**, plus the National Zoo. From the **U.S. Capitol** you can walk straight ahead down the south side of the Mall and explore the most visited museum in the world, the **National Air and Space Museum**. Continuing on the same side you can visit the **Hirshhorn Museum and Sculpture Garden**, the **Arts and Industries Building**, the **National Museum of African Art**, the **Smithsonian Institution Building** (the oldest of all the Smithsonian museums), the **Slacker Gallery**, and the **Freer Gallery**. Crossing to the other side of the Mall you can begin your explorations at the **National Museum of American History**, a must for any history buff. Right next door is the **National Museum of Natural History**, home to the 45.5-carat Hope Diamond. The last museum stop on the Mall is the **National Gallery of Art**, East and West wings, which brings you back to the Capitol.

The Smithsonian museums are still the big highlight of Washington in addition to the monuments that are host to thousands of visitors each year. The **Washington Monument** seems the most obvious place to start. Other monuments include the **Lincoln Memorial**, the **Jefferson Memorial**, the **Korean War Memorial**, the **Vietnam Veterans Memorial**, **World War II Memorial** and the **Franklin Delano Roosevelt Memorial**.

Your time in Washington would not be complete without a stop at the **National Archives**, which houses the country's most famous documents: the Declaration of Independence, the Constitution, and the Bill of Rights. To see where the Constitution has stood the test of time you should visit the **United States Supreme Court**, which is in sessions two weeks of every month. Both of these stops are near Capitol Hill. Other interesting stops are the **White House**, **FBI Headquarters**, the **Holocaust Memorial Museum**, and the **Bureau of Engraving and Printing**.

When you are tired of the tourist stops and want to see Washington, D.C., the city, you can visit some neighborhoods that offer shopping, nightlife and some of the best ethnic food around. **Adams Morgan** runs along Columbia Road, NW and is referred to as Washington's "United Nations," home to many fine ethnic restaurants and popular nightspots. **Chinatown**, a small area on G and H streets between 6th and 8th streets NW, is a historic area and home to many Asian restaurants and shops. One neighborhood everyone has heard of is **Georgetown**. This area's many specialty shops and restaurants attract visitors every day and night.

For those of you who enjoy picnics and outdoor sports, Washington has plenty of green fields to accommodate you. **Constitution Gardens**, between the Washington Monument and the Lincoln Memorial, is the perfect spot for a pleasant walk or private picnic. These gardens have over 50 acres of tree-shaded lawns and a six-acre lake. The **Tidal Basin** of the Jefferson Memorial is the site of Washington's most famous springtime event, the **Cherry Blossom Festival**. This event includes a parade and is a celebration of the blooming of hundreds of cherry trees, a gift from Japan in 1912.

East and West Potomac Parks have a wide variety of playing fields for both spectators and participants. Some of the more unusual sports played there are rugby, polo and cricket. Excellent baseball, soccer, volleyball, and tennis facilities also can be found there, along with a 26-hole public golf course at East Potomac Park.

Rock Creek Park is by far the city's largest park and is one of the largest urban parks in the world. Here you can find anything from horseback riding and golf to jogging paths and tennis courts. There are bike paths running through the park as well, all the way to the monuments along the Rock Creek and Potomac Parkway. This ride is especially beautiful during the warm spring and fall months. Closer to AU you will find **Dumbarton Oaks** where you can tour a nineteenth-century mansion and 10 acres of terraced formal gardens.

HOW TO GET HERE

American University's Tenley campus is located in northwest Washington, D.C., at the intersection of Wisconsin and Nebraska Avenues. Getting here is no problem – just follow the directions below. The Washington Mentorship Program office is in Dunblane Hall on Tenley Campus. Office hours are weekdays, 9:00 a.m. to 5:00 p.m., year round.

By car, from northeast of Washington (New York, Philadelphia, Baltimore)

Follow Interstate 95 south to Interstate 495, the Capital Beltway. Take 1-495 west toward Silver Spring. See below for directions from 1-495 (Capital Beltway).

By car, from south or west of Washington (Norfolk, Richmond, Charlottesville)

Follow Interstate 95 north or interstate 66 east to Interstate 495, the Capital Beltway. Take 1-495 north toward Rockville/Baltimore. See below for directions from 1-495 (Capital Beltway).

By car, from northwest of Washington (western Pennsylvania, western Maryland)

Follow Interstate 270 south. Where 1-270 divides, follow the right-hand branch toward northern Virginia (not toward Washington). Merge with Interstate 495, the Capital Beltway, and soon afterwards take exit 39, River Road. See below for directions from 1-495 (Capital Beltway).

By car, from Interstate 495 (Capital Beltway)

Take exit 39 and carefully follow the signs for River Road (Maryland Route 190) south towards Washington. Continue south on River Road to the fifth traffic light. Turn right onto Goldsboro Road (Maryland Route 614). At the first traffic light, turn left onto Massachusetts Avenue (Maryland Route 296). Continue on Massachusetts Avenue past the first traffic circle (Westmoreland Circle). Continue one more mile into a second traffic circle (Ward Circle). Either drive in the inside lane, turning left to go across the circle to Nebraska Avenue, or drive in the outside lane, taking the third right turn off Ward Circle onto Nebraska Avenue. Tenley Campus is a half-mile on your left.

From the north, take the MD-185/Connecticut Avenue exit, (Exit # 33) toward Kensington/Chevy Chase. Keep left at the fork in the ramp. Turn left onto Connecticut Avenue/MD-185 South. Enter next circle and take 4th exit onto Connecticut Avenue, NW.

Turn right onto Nebraska Avenue, NW. Nebraska Avenue becomes Tenley Circle. Stay straight to go onto Nebraska Avenue, NW. Tenley Campus is on the right.

From National Airport 703-417-8000

National Airport is about 30 minutes from campus by cab, and the cost is about \$20 to \$25, depending on the number of people in your party. The Super Shuttle can take you from the airport to Tenley Campus for \$12 one way (\$8 for additional persons in respective party). Call 1-800-BLUE-VAN for information and reservations. You can also take the subway (Metro) from National Airport. (See below for directions from the Metro.)

From Dulles Airport 703-572-2700

Dulles is about 45 minutes from campus by cab, and the cost is about \$40, depending on the number of people in your party. The Super Shuttle can take you from the airport to Tenley Campus for \$25 one way (\$10 for additional persons in respective party). The Washington Flyer Express, 1-888-WASH-FLY, bus runs from the airport to the nearest Metro station, West Falls Church, for \$8 one way, \$14 round-trip. (See below for directions from the Metro.)

From Baltimore-Washington International Airport (BWI) 301-261-1000

BWI is about an hour from campus. The cost of taking a cab to Tenley Campus can be prohibitive. The Super Shuttle can take you from the airport to Tenley Campus for \$30 one way (\$10 for additional persons in respective party). AMTRAK trains run from BWI to Union Station in Washington, call 202-484-7540 for information. (See below for directions from Union Station.)

From any Metro subway station, including Union Station (Washington's railroad station) 202-637-7000 Metro Information

Taxicabs serve most Metro stations and Union Station, but you can also take Metro to American University. The hours for Metrorail are 5:00 a.m. to midnight, Sunday through Thursday; 7:00 a.m. to 3:00 a.m. Friday-Saturday. Depending on what time and from which station you enter the Metro system, your one-way cost will be from \$1.35 to \$3.90. The closest Metro stop to Tenley Campus is Tenleytown-AU on the Red Line. American University provides free shuttle service for students and visitors between AU campuses and the Tenleytown Metro station. If you prefer to walk to Tenley Campus from the Metro, go one block south on Wisconsin Avenue to Tenley Circle. The campus is to the right of the circle.

AREA HOTELS

If you are arriving early or your parents are coming with you, you can use the list below to arrange reservations at a hotel convenient to campus.

See also <www.american.edu/tour/visiting.html> for direct links to the individual websites of some of the hotels listed below.

Suburban area: Bethesda/Chevy Chase, MD

Bethesda Marriott,
5151 Pooks Hill Road,
301-897-9400

Embassy Suites Hotel,
Chevy Chase Pavilion
4300 Military Road, NW
202-362-9300

Holiday Inn, Chevy Chase
5520 Wisconsin Avenue
301-656-1500

Hyatt Regency Bethesda,
One Bethesda Metro Center,
301-657-1234

Four Points Sheraton, Bethesda,
8400 Wisconsin Avenue,
301-654-1000

Georgetown and Downtown Washington, DC

Barcelo Washington Hotel,
2121 P Street, NW,
202-293-3100

The Georgetown Inn,
1310 Wisconsin Avenue, NW or
3000 M St., NW
202-333-8900

Holiday Inn, Georgetown
2101 Wisconsin Avenue, NW
202-338-2903
**\$129, 1 night, charge depends on
occupancy**

Latham Hotel
3000 M Street, NW
202-726-5000

Park Hyatt Washington,
1201 24th Street, NW
202-789-1234

Savoy Suites Hotel,
2505 Wisconsin Avenue, NW
202-337-9700
\$259 Winter, \$139 Summer

The Capital Hilton Hotel,
16th and K Streets, NW
202-393-1000

Days Inn,
4400 Connecticut Avenue, NW
202-244-5600

Grand Hyatt Washington,
1000 H Street, NW
202-582-1234

J. W. Marriott Hotel,
1331 Pennsylvania Avenue, NW
202-393-2000

The Renaissance Mayflower Hotel,
1127 Connecticut Avenue, NW
202-347-3000

Omni Shoreham Hotel,
2500 Calvert Street, NW
202-483-1119

Hilton Embassy Row Hotel,
2015 Massachusetts Avenue, NW
202-265-1600

Washington Hilton and Towers,
1919 Connecticut Avenue, NW
202-483-3000
**Depends on availability rate can
change**

Washington Marriott Hotel
1221 22nd Street, NW
202-872-1500

The Watergate Hotel
2650 Virginia Avenue, NW
202-965-2300

Hyatt Regency Washington on Capitol Hill
400 New Jersey Avenue, NW
202-737-1234

Wyndam Bristol Hotel
2430 Pennsylvania Avenue, NW
202-955-6400

Wardman Park Marriott
2660 Woodley Rd., NW
202-328-2000

Four Seasons Hotel
2800 Pennsylvania Avenue, NW
202-342-0444

Arlington, Virginia

Key Bridge Marriott
1401 Lee Hwy
703-524-6400

Key Bridge Best Western
1850 N. Fort Myers Rd.
703-522-0400

Georgetown Suites
1111 30th Street, NW
800-348-7203
based on availability, rates change

Washington Monarch Hotel
2401 M Street, NW
202-429-2400

Howard Johnson Premier Hotel
2601 Virginia Ave., NW
1-800-950-1363

The Westin Embassy Row
2100 Massachusetts Avenue, NW
202-293-2100

The Hotel Monticello
1075 Thomas Jefferson St. NW
800-388-2410

Doubletree Guest Suites Hotel
801 New Hampshire Avenue, NW
202-785-2000

A FINAL NOTE

We do our best to serve you and we are here to help you with whatever you need. If we cannot personally assist you, we can always refer you to someone who can. American University's Tenley Campus will be your home for the next semester and Washington, DC will be your home for the next four years. We hope this guide has given you an idea of what to expect, what AU has to offer and what exciting things there are to do in D.C. You are facing a challenging and exciting four years and we are here to help equip you with all the necessary tools to help you face those challenges with certainty. Enjoy the city and enjoy yourself here in the nation's capital with the Washington Mentorship Program!

Below are some tips compiled from real college graduates:

As a College Freshman I Wish I Had Known...

- ...College time moves so fast. Semesters fly by, friends graduate, and you have to cherish every moment because it will be over before you know it.*
- ...My limits!*
- ... I don't have to know what I'm doing for the rest of my life.*
- ...College is a new beginning.*
- ...There is a big world out there! Free your mind!*
- ...Problems are a college experience, not an AU experience.*
- ...It's okay to stay in for a night.*
- ...It's not always a good idea to room with a friend.*
- ...Saying no is okay.*
- ...People will accept me for who I am, there is no need to pretend to be someone else.*
- ...Relationships with friends will change.*
- ...I can be universal - I don't need to be identified with only one group!*
- ...To take advantage of professors and academic advisors.*
- ...Freshman forgiveness is a gift, not a tool.*
- ...It's okay to drop a class!*
- ...I am here for classes. I should go to every one.*
- ...My major will probably change at least once.*
- ...I will not be able to read everything I am assigned*
- ...My circle of friends will become my family for the next 4 years.*
- ...Each semester in college gets progressively more challenging.*
- ...Financial management!*
- ...Grades don't always have to be first priority. Other things can take precedence when they have to.*
- ...People are really nice, but sometimes you have to take the first step to meet them.*
- ...Spend time in the library!*
- ...Get out and explore DC as much as possible.*
- ...Textbooks are really as expensive as everyone claims! Even used ones.*
- ...Time management is the most important skill.*
- ...It's okay (and normal) to be homesick.*
- ...Study abroad!*
- ...I should call my parents often.*
- ...The Freshman 15 is not a joke!!*
- ...Eagle Bucks are real money! They will run out!*
- ...Administrators are not just locked away in offices...they want to talk to students!*

