

Your Holistic Health Education Welcome Packet

Welcome to ACHS! We hope you're as excited as we are for you to begin your classes!

Before classes start, we want you to familiarize yourself with important links and information you will receive as an enrolled ACHS student.



ACHS Academic Calendar

It is important for you to know the dates of your upcoming semesters so that you can plan accordingly for personal time as well as your commitment to study. Please refer to this link and mark your calendars.

ACHS Student ID Card

Once you are enrolled as a student, you'll be receiving a student ID card that has important phone numbers and student discounts listed.

ACHS Coaching Facebook Group

You're invited to join our Coaching for Success Facebook group. Join your peers as you support each other through your education journey. <u>Click here to get signed up!</u>

Your Free Grammarly Premium Account

ACHS provides all registered students access to their own Grammarly Premium account. What is Grammarly? It's like having your own private writing tutor. Ready to become a brilliant writer with Grammarly? Follow the instructions in the ACHS Student Center to activate your account.

TIP: You can add an extension to your browser so Grammarly functions properly in your online classroom.

Maximize Your Apothecary Shoppe Student Discount

Did you know that ACHS students receive 20% off regularly priced essential oils and herbs at the Apothecary Shoppe College Store? All you have to do is enter the code ACHSSTU at checkout. There's inspiration just waiting to be discovered. Visit our <u>Apothecary Shoppe</u> today.

Other Student Discounts

ACHS is always searching for discounted benefits for our students. Once you're enrolled, you'll be able to access a full list of ACHS Partner Discounts.

ACHS Student Email Account

When you complete your ACHS Student Orientation, you'll be able prompted to request your ACHS student email address so you can keep all of your ACHS emails in one place and take advantage of student discounts that require an .edu email address.



Meet your admissions team!

Amanda Heller

Director of Enrollment Services 971.266.2872 amandaheller@achs.edu

Molly Sykes

Senior Admissions Advisor 971.244.8868 mollysykes@achs.edu

Amy Swinehart

Senior Admissions Advisor 971.703.5060 amyswinehart@achs.edu

Shannon Miller

Admissions Advisor
971.285.4284
shannonmiller@achs.edu

Vanessa Landazabal

971.285.4278

vanessalandazabal@achs.edu

Jessica White

Admissions Advisor
971.279.7724
jessicawhite@achs.edu



Student Services

Student Ser stuserv@achs.edu

Heather Baley, Institutional Effectiveness
Project Manager
971.703.5065

heatherbaley@achs.edu

Joel Strimling, Senior Student Advisor 971.244.8626 joelstrimling@achs.edu

Jill Trujillo, Student Success Coach 971.432.7231 jilltrujillo@achs.edu

Jenn Pizzuto, Student Success Coach 971.432.7232 jennpizzuto@achs.edu

Melissa Trujiillo, Student Success Coach 971.244.8832 melissatrujillo@achs.edu

Tanja Kaneshiro, Student Success Coach 971.285.4755 tanjakaneshiro@achs.edu

Other Contacts

Business Office businessoffice@achs.edu

Financial Aid Office

financialaid@achs.edu

Military Resource Center military@achs.edu

Felicia Royce, Director of Alumni and Career Services
971.430.4972
feliciaroyce@achs.edu

Please be in touch with any questions or concerns, anytime!

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ACHS Founding President Dorene Petersen harvesting clove buds in Indonesia.

Important Deadlines

It is important for you to know the dates of your upcoming semesters so that you can plan accordingly for personal time as well as your commitment to study. Please refer to the Academic Calendar and mark your calendars.

Academic Calendar

Registration Checklists

Semester or Monthly Payment

TO BE COMPLETED BY THE REGISTRATION DEADLINE

View Checklist

Financial Aid

TO BE COMPLETED BY THE REGISTRATION DEADLINE

View Checklist

Military/Veterans Benefits

TO BE COMPLETED BY THE REGISTRATION DEADLINE

View Checklist

Military/Veterans Benefits and Financial Aid

TO BE COMPLETED BY THE REGISTRATION DEADLINE

View Checklist

Making School Affordable

Not everyone is aware of the options available that help students make higher education affordable. Here are some helpful tips!

Can I afford it?

Explore different funding options.

ACHS offers several different funding options our students can take advantage of. These include:

- In-house semester and monthly payment installment plans (PIPs)
- Private Student Loans
- Veteran's Benefits
- Military Tuition Assistance
- Employer Tuition Assistance
- Americorp Education Award
- Grants and Scholarships

Anything you can contribute now will reduce your debt in the long term! If you have any questions, we're here to help!

Questions?

Contact a member of the Financial Aid team at 800-487-8839, or send us an email at financialaid@achs.edu.

We care about your financial health and understand the investment you are committing to, and everyone at ACHS is here to support you! If you have any questions or need help with your student loans, please be in touch!









Reduce your borrowing.

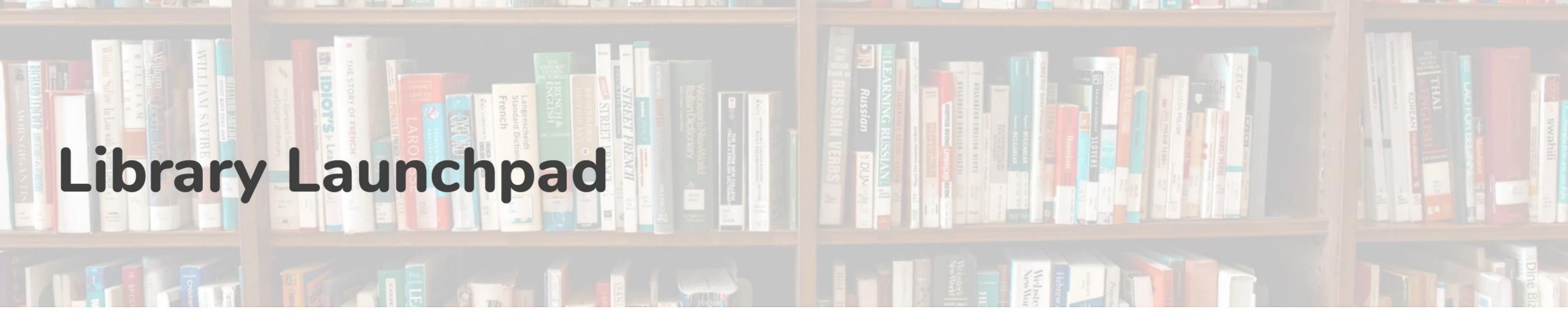
It is extremely important that you carefully monitor your expenses and spending while you are in school. It may seem easy to borrow loan funds to cover your expenses while going to school, but remember that every dollar must be repaid, with interest! The decisions you make now can help you better manage your loan repayment after graduation.

- Consider borrowing only what you need to cover your tuition and fees for the semester. Rather than electing to receive the maximum allowable amount in student loans each semester, you have the option at any time to reduce your financial aid to only cover the exact costs of your semester charges. You can reduce your borrowing substantially (sometimes by \$3000 or more each semester!) by declining extra funds.
- Limit the amount of any credit balance you elect to receive. Many ACHS students decide to reduce their borrowing so they only receive a small portion of their available extra funds. Every dollar you decline is another dollar you do not have to repay, so plan to only take the smallest amount you need to get by!

- Make small payments while you are in school. All ACHS students have the option to further reduce their borrowing by making small monthly payments while they are in school. Just paying \$100 per month towards your tuition and fee charges reduces the amount you have to borrow by \$400 a semester. That's \$1200 a year!
- Use the Department of Education's online Repayment Plan Estimator tool. Repayment plans can give you more time to repay your loans or can be based on your income. The Department of Education offers an online Repayment Estimator that you can use to compare your estimated monthly and total payments under each of the available repayment plans. You can access the Repayment Estimator at https://studentloans.gov/myDirectLoan/repaymentEstimator.action. Use your FAFSA username and password to log in.

Contact the ACHS Financial Aid Office.

If you want to discuss your options, change your borrowing elections, talk about your aggregate loan limits, or are just confused by this whole loan thing – please contact us! We are here to help you navigate the ins and outs of managing your student loans.



Keeping up-to-date with industry research is important in all health-related fields, especially holistic health and wellness, which is developing so rapidly. As part of our commitment to providing the highest quality education, ACHS maintains an extensive student library accessible online 24/7.

Accessing the ACHS Library

The ACHS Library, also referred to as the Library Launchpad, can be accessed through your Canvas classroom. Just click on the Library Launchpad link within the left-hand navigation toolbar to gain access.

What's included in the Library?

- Access to several subscription library databases
- Article request service
- Library resource guides
- Library training video resources (live and recorded)
- Open access databases
- Reference and citation tools

Who to contact for help?

You can contact our in-house librarian by:

- Emailing librarian@achs.edu
- Posting a comment/question in the Ask a Librarian Discussion Board
- Posting a comment/question in the Ask the Librarian Feedback widget within your Canvas course.
- Phone Ashley Chou at 971.703.5068 Monday through Friday, 7:00am 3:00pm
 PST.

Did you Know?

- As an ACHS student, you have access to the library 24/7 through Canvas.
- Our librarian is also available for consultation Monday through Friday, 7:00am 3:00pm PST. Additional library chat support is available to students 24/7.

REGISTRATION CHECKLIST: FINANCIAL AID



REGISTRATION CHECKLIST: SEMESTER OR MONTHLY PAYMENT

| If making monthly payments have you: |
|---------------------------------------------------------------------------------------------------------|
| ☐ Submitted Personal Credit Release to Business Office |
| ☐ If approved, review enrollment agreement with advisor, make first payment and set up payment schedule |
| ESign your Enrollment Agreement through Docusign |
| |
| If making semester payment in full: |
| Discuss your Enrollment Agreement and build your Academic Plan |
| Review fee schedule with advisor and make first payment |
| ESign your Enrollment Agreement through Docusign |
| Once your registration is completed: |
| Accept Invite/Log In to your classroom from Registrar |
| Complete your New Student Orientation |
| ☐ Email your Academic Advisor to introduce yourself |
| ☐ Begin classes! |



REGISTRATION CHECKLIST: MILITARY/VETERANS BENEFITS AND FINANCIAL AID

| Financial Aid Funding: |
|-------------------------------------------------------------------|
| Filed the most current FAFSA? |
| ☐ Initial Appointment with your Financial Aid Advisor? |
| ☐ Submitted all required paperwork to Financial Aid Advisor? |
| Military/VA Funding (Please submit the unchecked items): |
| ☐ VA Rights and Responsibilities Form |
| Certificate of Eligibility (Chapter 30, 33, 35) |
| Admissions Advisor provides me Degree Plan |
| U Voucher/Approval for Benefits (TA , MyCAA, VocRehab/Chapter 31) |
| Call your Admissions Advisor once your funding is in place to: |
| Discuss your Enrollment Agreement and build your Academic Plan |
| ESign your Enrollment Agreement through Docusign |
| Accept Invite/Log In to your classroom from Registrar |
| Complete your New Student Orientation |
| ☐ Email your Academic Advisor to introduce yourself |
| ☐ Begin classes! |



REGISTRATION CHECKLIST: MILITARY/VETERANS BENEFITS

| Funding (Please submit the unchecked items): |
|----------------------------------------------------------------|
| ☐ VA Rights and Responsibilities Form |
| Certificate of Eligibility (Chapter 30, 31, 33, 35) as needed |
| Admissions Advisor provides me Degree Plan |
| Oucher/Approval for Benefits (TA, MyCAA, VocRehab/Chapter 31) |
| |
| Call your Admissions Advisor once your funding is in place to: |
| Discuss your Enrollment Agreement and build your Academic Plan |
| ESign your Enrollment Agreement through Docusign |
| Accept Invite/Log In to your classroom from Registrar |
| Complete your New Student Orientation |
| Email your Academic Advisor to introduce yourself |
| Begin classes! |

