

Session 2: Student Life

PRESENTED BY

University Housing

USA Dining

Campus Recreation and Wellness

Office of Student Affairs

Fall 2026 Parent and Family Orientation



UNIVERSITY OF
SOUTH ALABAMA

FLAGSHIP OF THE GULF COAST.

University Housing

PRESENTED BY

Dr. Jeremy Sheffield, Executive Director

Holly Banning, Associate Director

Savannah Crenshaw, Assistant Director of Residence Life



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ORIENTATION

ACADEMIC YEAR

2026-2027

(251) 341-HOME (4663)
housing@southalabama.edu
SouthAlabama.edu/Housing

Follow us!

@SouthALResLife

@USAHousing



THE ON CAMPUS EXPERIENCE

Wondering why it is so important for first-year students to live on campus? Studies show that students who live on campus at South:



Higher GPA



Improved engagement & persistence



Greater sense of belonging



More likely to return for sophomore year



Higher rate of graduating/ completing degree on time



MOVE

2026



Friday, August 14 – Saturday, August 15

Towards the start of the summer, visit our website to learn everything you need to know about Move-In 2026, including how to book a move-in appointment, what to bring, review maps, and to read our digital move-in guide!

Early Arrival requests will also be available.

USA Dining

PRESENTED BY

Brad Sanders, General Manager

Jessica Cicaese, Regional Marketing Manager

December Storey, Aramark Collegiate Hospitality Marketing



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Ready.
South.
Go.



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Study Hard, Eat Well

Ace Your Appetite



Dining Hall
Fresh Food Company



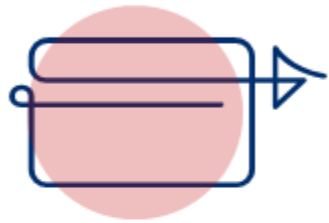
Retail Locations
13 locations and growing!



Menus, locations, and hours of operation available at:
<https://usouthal.mydininghub.com>



Know Your Perks



Meal Swipes

Swipe your Jag Card to use a meal entry into the all-you-care-to-eat Fresh Food Company, South Alabama's Dining Hall. Open until 9pm Monday-Thursday and 8pm Friday-Sunday. Come in, sit down, hangout, enjoy a meal or just grab a snack!



JAGEATS, BONUS BUCKS & DINING DOLLARS

These funds are loaded onto your Jag Card to use at any USA Dining location!

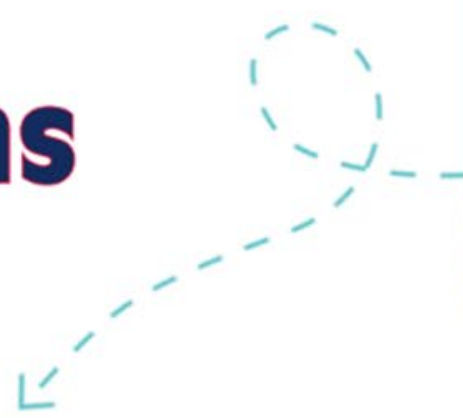
- Jag Eats is a \$175 campus dining fee with a dollar-for-dollar value that is applied to your student account each fall and spring term.
- Bonus Bucks come with meal plans and expire at the end of the school year in May.
- Dining Dollars are added separately and never expire. This option is very popular with commuters!





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Freshmen Resident Meal Plans



JAG PASS	JAG PASS 175	JAG PASS 300	JAG PASS 450
Unlimited entries to the Fresh Food Company	Unlimited entries to the Fresh Food Company	Unlimited entries to the Fresh Food Company	Unlimited entries to the Fresh Food Company
10 Guest Meals	10 Guest Meals + \$175 Bonus Bucks	10 Guest Meals + \$300 Bonus Bucks	10 Guest Meals + \$450 Bonus Bucks



All South Alabama resident students are guaranteed a meal plan. Upper-class students have additional meal plan options. For further details, visit southalabama.edu/housing.



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Commuter Meal Plans

DAILY 12

\$12 Bonus Bucks and one entry to the Fresh Food Company loaded on your Jag Card each weekday class is in session. Meals and bucks reset each day.

CAMPUS CONNECTOR

20 entries to the Fresh Food Company for the semester
\$200 Bonus Bucks

200 BONUS BUCKS PLAN

\$200 Bonus Bucks
5 free entries to the Fresh Food Company for the semester



All South Alabama resident students are guaranteed a meal plan. Upper-class students have additional meal plan options. For further details, visit southalabama.edu/housing.



USA
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DINING

TO-GO PROGRAM

HOW DOES THE PROGRAM WORK?

1. Pick up your container from the Fresh Food Company
2. Fill your container up with all your food favorites
3. Enjoy your delicious meal wherever you please
4. Exchange your container for a clean one when you return to the dining hall

FAQS

- The To-Go Program is offered as a convenience for guests who do not wish to dine in.
- You may not dine in The Fresh Food Company if you choose your meal to-go.
- Your to-go container must be able to fully close and whole fruits are limited to one.
- For unlimited portions of any one item, you must choose to dine in.

Reusable To-Go Containers will be distributed to all meal plan holders at The Fresh Food Company at no cost for THE FIRST TWO WEEKS OF CLASSES.* After two weeks, a \$5 charge will apply.

**One container per student.*



Grab & Go meals

CAN'T GET BACK TO THE FRESH FOOD
COMPANY FOR LUNCH?

We've Got You Covered!

Each weekday when class is in session, anyone with a Jag Pass can swipe their Jag card once a day at The P.O.D. Market in the Student Center to get a complete grab & go meal.



FOOD TRUCKS



Every Mon-Thurs at the Marx Library Plaza, Ilam-til'

Featuring:



and more!



Hungry and forgot your Jag ID? No problem!



iPhone



Android

**Download the Atrium
app to use your phone
at checkout!**

 **atrium**

A wooden cutting board is the central focus, featuring a burrito cut in half to reveal its filling of chicken, lettuce, tomatoes, and cheese. Next to it are several slices of fresh cucumber. In the upper left corner, a small glass bowl contains a mix of shredded carrots, purple onions, and green herbs. The background is a light-colored, textured surface.

How to Sign Up

RESIDENTS

Sign up for your plan when you sign up for housing.

COMMUTERS

Visit Student Accounting or usouthal.campusdish.com/MealPlans

Special Dietary Needs



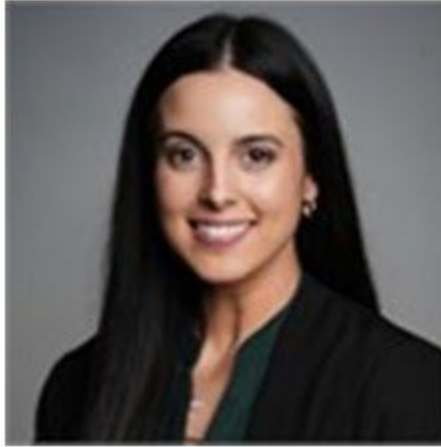
YOUR ON-CAMPUS RESOURCE

Reach out to meet with our General Manager

Brad Sanders

sanders-brad@Aramark.com

(251) 461-1937



YOUR DIETITIAN RESOURCE

Schedule a consultation with our Regional RD

Marissa Castano MS, RDN, LDN

castano-marissa@aramark.com

(629) 246-5215

true balance
everything you want nothing you can't

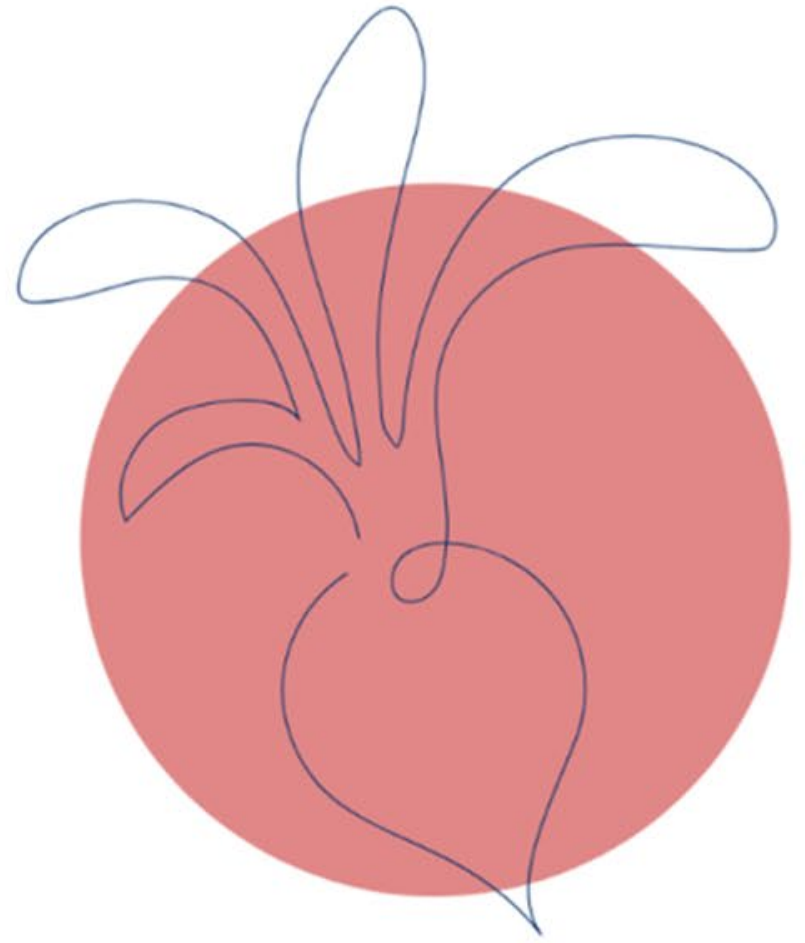
The Fresh Food Co. is home to our True Balance Station. True Balance offers a complete meal made without gluten and the top 9 food allergens (milk, eggs, wheat, soy, shellfish, fish, tree nuts, peanuts, and sesame). A dedicated and trained staff member will serve you from this station with a clean plate each time.

This station is AllerCheck certified, indicating that it follows the proper processes and procedures to minimize the risk of cross-contact and serves menu items prepared with verified ingredients. The True Balance station is audited by an independent agency at least once per year.

Thank you!

Contact Us:

dining@southalabama.edu

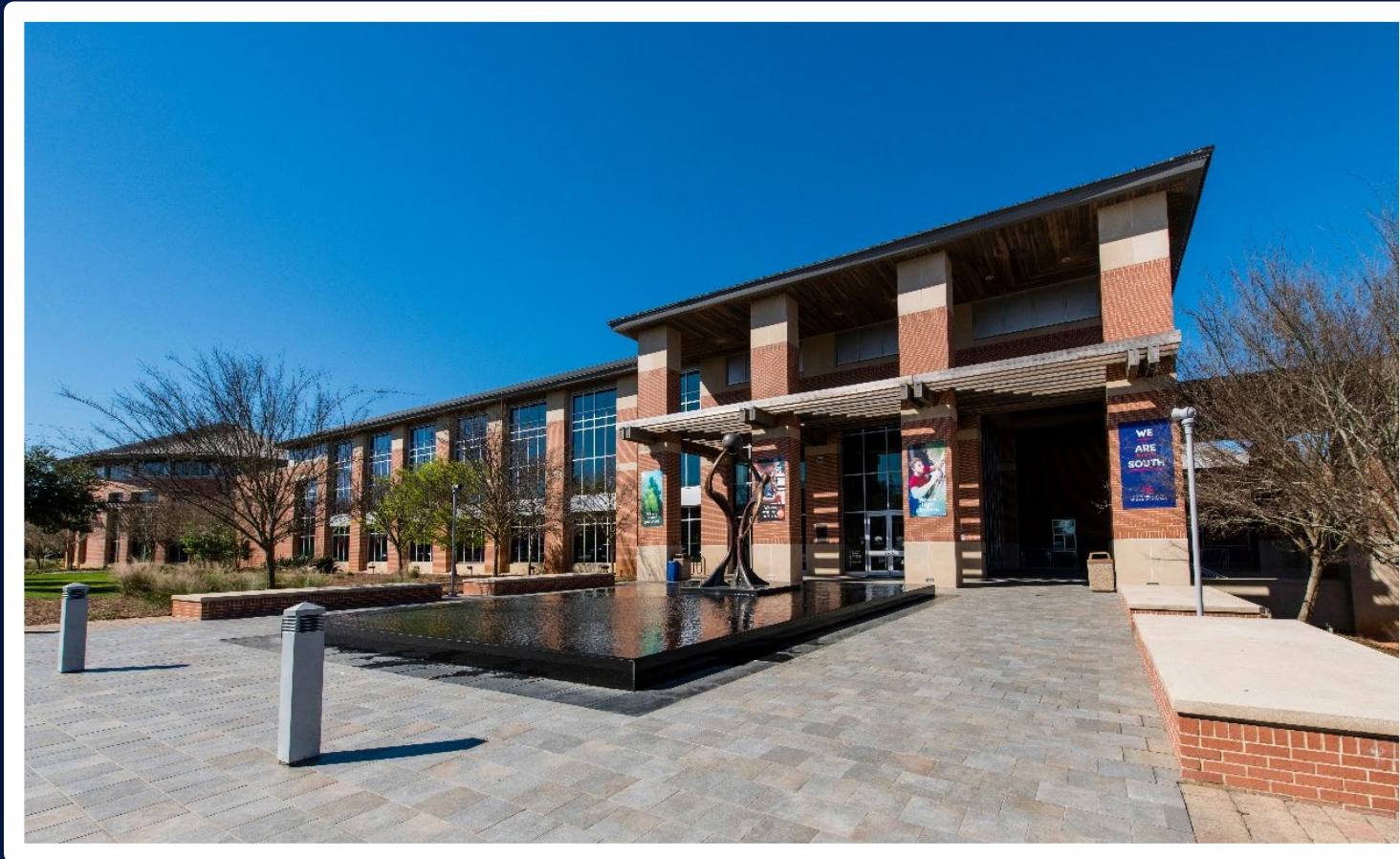


USA
DINING



@USADINING

Campus Recreation and Wellness



PRESENTED BY
Daphne Tyson,
Executive Director

Maygan Williams ,
Associate Director



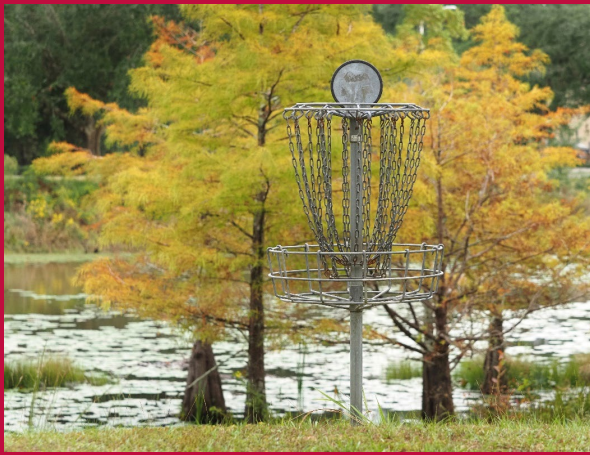
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Facility Highlights

- Cardio and weight machines
- Indoor and Outdoor Pools
- Functional Fitness Areas
- Free Fitness Classes
- Indoor and Outdoor Courts
- 35 Foot Climbing Wall





More than just a building.....



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Regular exercise has been proven to reduce stress, improve mood, and enhance cognitive function—all of which are crucial for success in college. Whether through a morning workout, a yoga class, or a friendly game of basketball, students who stay active are more likely to feel energized, focused, and motivated in their academic pursuits.





Participation in Campus Recreation programs increases student retention, helps students meet new people, relieves stress, and improves physical fitness.



94% of students report that maintaining a healthy lifestyle was important to them prior to enrolling in their chosen college/university



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Students who participate in campus recreation tend to perform better academically. Regular physical activity has been linked to improved concentration, better memory retention, and increased problem-solving abilities. When students take time to engage in recreation, they return to their studies with greater focus and efficiency.











SCAN ME TO APPLY

Division of Student Affairs

PRESENTED BY

Dr. Chris Cleveland, Associate Vice President of Student Affairs and Auxiliary Services

Dr. Harold Pardue, Dean of the Graduate School and Associate Vice President for Academic Affairs



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Student Life

Dr. Harold Pardue, Dean, Graduate School and Associate Vice President, Academic Affairs

hpardue@southalabama.edu

Dr. Chris Cleveland, Associate Vice President, Student Affairs and Auxiliary Services

chrisclleveland@southalabama.edu

Engagement, Connection, Retention

- Student Organizations & Leadership
- Fraternity and Sorority Life
- Student Government Association
- Jaguar Productions
- CEADR
- Student Conduct
- Family Connection Portal

