

UP

3,352
UNDERGRADUATE
STUDENTS

9:1
STUDENT/FACULTY
RATIO

16
STUDENTS, AVERAGE
CLASS SIZE

100%
OF CLASSES TAUGHT BY
FACULTY MEMBERS, NOT
GRADUATE STUDENTS

99.63%
OF STUDENTS RECEIVE
SOME TYPE OF FINANCIAL
AID OR SCHOLARSHIP

TABLE OF CONTENTS

- 2 Who We Are
- 5 Academics
- 14 Experiential Learning
- 18 Student Support
- 19 Outcomes
- 26 What Will It Cost?

- 28 Where We Are
- 31 Life on Campus
- 32 Athletics and Exercise
- 36 Activities and Clubs
- 38 Campus Ministry
- 39 Service and Justice
- 41 By the Numbers



We Aren't Here to Simply Get a Degree. We're Here to Accomplish So Much More.



At University of Portland we wonder, turning ideas over and examining them from every angle.

We explore, not only what is but what could be.

We strive, testing our beliefs through real-world applications to gain new understanding.

And we work, putting our knowledge into action to make a difference in our communities.

Above all, we grow, because when we learn to truly question what we see, that's when we discover not only what's out there, but also what lies within ourselves.



28
YEARS AS A TOP-10
UNIVERSITY (U.S. NEWS
& WORLD REPORT)

"I've had so many classes that surprised me and changed my worldview, but my favorite class of all time would have to be History 220 (*The Search for Justice in the Western Tradition*) with Dr. Bradley Franco. It really allowed me to explore questions about how we act as individuals in a society and made me think deeper about the choices we make that lead us to where we are." —Cindy W. '23, Nursing, Portland, OR

"The Mind Will Not Be Cultivated at the Expense of the Heart."

Blessed Basil Moreau, Founder of the Congregation of Holy Cross



We are a comprehensive Catholic university grounded in the liberal arts. Since our founding in 1901 by the Congregation of Holy Cross, we've been guided by a singular mission to educate the whole person—head, heart, and hands. That's why, no matter what major you choose, you will benefit from a core curriculum in the humanities and sciences that fosters critical thinking and problem-solving, a foundation in ethics and moral formation, and the confidence and leadership skills to use what you've learned to make a difference in the world.

At UP, you won't be just another face in a lecture hall. You will be taught by engaged professors who will know your name and offer advice and support—whether it's helping with an assignment or discussing potential career paths. You will be immersed in a hands-on curriculum that brings each subject to life. And with most classes having fewer than 20 students, you will be encouraged to bring your whole self to your education, as you collaborate with peers from all majors and backgrounds to learn from multiple perspectives.

#1
IN REGIONAL UNIVERSITIES
WEST (U.S. NEWS & WORLD
REPORT, 2022-23)

"With the smaller class sizes, the professors can get to know you on a deeper level and help strengthen any weaknesses you may have in the subject. At the end of the day, they treat you as a human being, not just another name on a paper." —Santiago F. '25, Computer Science, Portland, OR



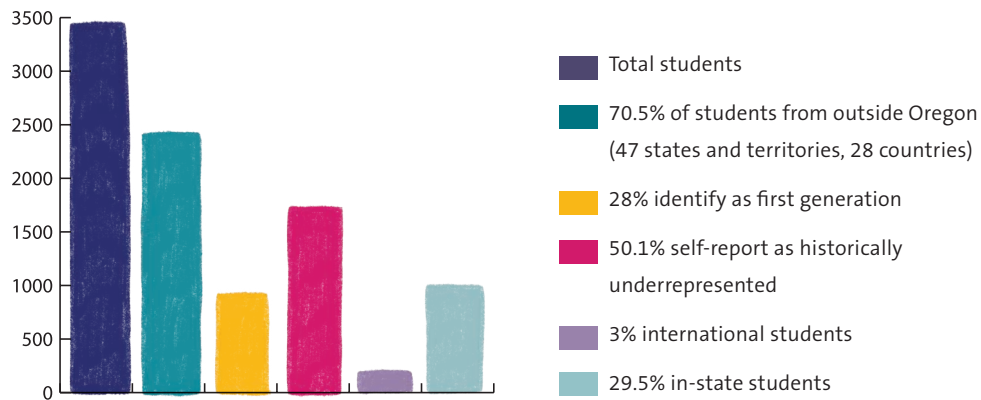
A Close-Knit Community That's Open to All.

With close to 3,500 undergraduate students, we have room for a wide range of people from all backgrounds, yet we're small enough that it's easy to get to know each other. And our UP community continually strives to create an environment where everyone is welcome. In-state, out-of-state, international, first-generation, multicultural, LGBTQIA+, and BIPOC folks—they're all part of the fabric that forms our beloved community.

Both on campus and off, you can immerse yourself in an array of perspectives. There are films, lectures, plays, and concerts to attend; initiatives in entrepreneurship, leadership, and innovation to join; and activities to lead through clubs, intramurals, residence halls, student government, and service and immersion programs.

You'll easily make connections that will last beyond your college days. You'll be encouraged to have open and honest conversations. To talk through differences and commonalities. To listen. To question. And to reflect on your own actions and story.

DEGREE-SEEKING UNDERGRADUATE STUDENTS



“My favorite thing about campus is the people. Everyone is very friendly, down-to-earth, and welcoming. It makes me feel safe knowing that I’m at a campus where I can trust the people.” —Emma K. '25, Nursing, Psychology minor, Kailua, HI

Programs of Study

To find out more, visit up.edu/exploreacademics

- MAJOR
- MINOR
- PRE-PROFESSIONAL RESOURCES

COLLEGE OF ARTS & SCIENCES	
Arts Administration (BS)	●
Biochemistry (BS)	●
Biology (BA, BS)	● ●
Chemistry (BS)	● ●
Communication (BA)	● ●
Constitutional Studies	●
Economics (BA)	● ●
English (BA)	● ●
Environmental Ethics & Policy (BA)	● ●
Environmental Science (BS)	● ●
Ethnic Studies	●
Exercise Science	●
Fine Arts	●
French	●
French Studies (BA)	●
Gender, Women & Sexuality Studies (BA)	● ●
German	●
Hellenic Studies	●
History (BA)	● ●
Mathematics (BA, BS)	● ●
Mathematics, Applied (BS)	●
Medical Spanish	●
Music (BA)	● ●
Neuroscience Studies	●
Organizational Communication (BS)	●
Philosophy (BA)	● ●
Physics (BA, BS)	● ●
Political Science & Global Affairs (BA)	● ●
Psychology (BA)	● ●
Social Justice	●
Social Work (BA)	●
Sociology (BA)	● ●
Sociology/Criminology Track (BA)	●
Spanish (BA)	● ●
Theater (BA)	● ●
Theology (BA)	● ●
Writing	●
SCHOOL OF NURSING & HEALTH INNOVATIONS	
Integrative Health & Wellness (BS)	● ●
Nursing (BSN)	●

PAMPLIN SCHOOL OF BUSINESS	
Accounting / 4 + 1 (BBA & MBA)	●
Business Administration	●
Economics (BBA)	● ●
Entrepreneurship	●
Finance (BBA)	●
Global Business	●
Marketing (BBA)	●
Operations & Technology Management (BBA)	●
Sustainability	●
SCHOOL OF EDUCATION	
Education	●
Elementary Education / 3 + 1 Pathway (BAEd & MAT)	●
Secondary Education / 3 + 1 Pathway (BSSE & MAT)	●
SCHOOL OF ENGINEERING	
Civil Engineering (BSCE)	●
Computer Engineering	●
Computer Science (BSCS)	● ●
Electrical Engineering (BSEE)	●
Environmental Engineering	●
Innovation	●
Mechanical Engineering (BSME)	●
4 + 1 Biomedical Engineering (BS & M-BME)	●
PRE-PROFESSIONAL RESOURCES	
Pre-Dentistry	●
Pre-Law	●
Pre-Medicine	●
Pre-Occupational Therapy	●
Pre-Optometry	●
Pre-Pharmacy	●
Pre-Physical Therapy	●
Pre-Physician Assistant	●
Pre-Veterinary Medicine	●

A Hands-On Curriculum That Drives Discovery.

We're not here to fit you into a predetermined plan. In fact, we take the opposite approach. At University of Portland, every academic program is rooted in a liberal arts core curriculum that allows you to test out your intellectual interests, change direction, or combine fields of study to create a route that's right for you.

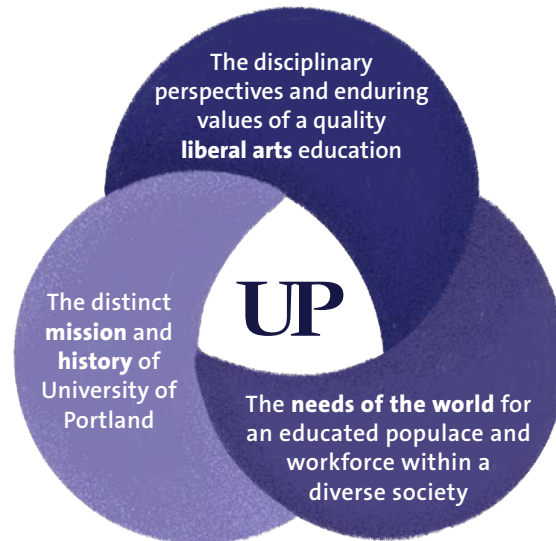
Our core curriculum is designed to enrich all majors with subjects that have stood the test of time and instill six habits of heart and mind that will help you adapt and thrive as your life and career paths evolve. You'll learn to engage constructively with diverse people and ideas; use scientific thinking to solve problems; work toward the common good; think globally and historically; draw on imagination and aesthetic inquiry; and confront ultimate questions with an understanding of religion, faith, and ethics.

All academic programs at UP will prepare you to make new discoveries and lead in your field. And you won't go at it alone. You'll have the expertise of caring professors and academic advisors to provide guidance and support at every step, whether you're aiming to attend graduate school, earn a fellowship, or embark on your career when you graduate.

Students can be accepted directly into their school or major when admitted to UP.

**ONE OF THE
BEST COLLEGES
IN AMERICA**

(MONEY MAGAZINE, 2023)



CORE CURRICULUM

"I didn't think seriously about history until I took a class in it to finish my core requirement. I loved it so much I declared the major while I was still in that class. I now plan to become a history professor myself." —Grant H. '23, Economics and History, Music minor, Honors Program, Vancouver, WA



Learn more about the interdisciplinary benefits of UP's Core program.
up.edu/core



Five Schools, One Mission.

UP is anchored by the College of Arts and Sciences, with four professional schools offering targeted pathways toward careers in business, engineering, health care, and education. Although distinctly different, each is guided by our Holy Cross mission to be a university that “addresses significant questions of human concern ... honors faith and reason as ways of knowing, promotes ethical reflection, and prepares people who respond to the needs of the world and its human family.”



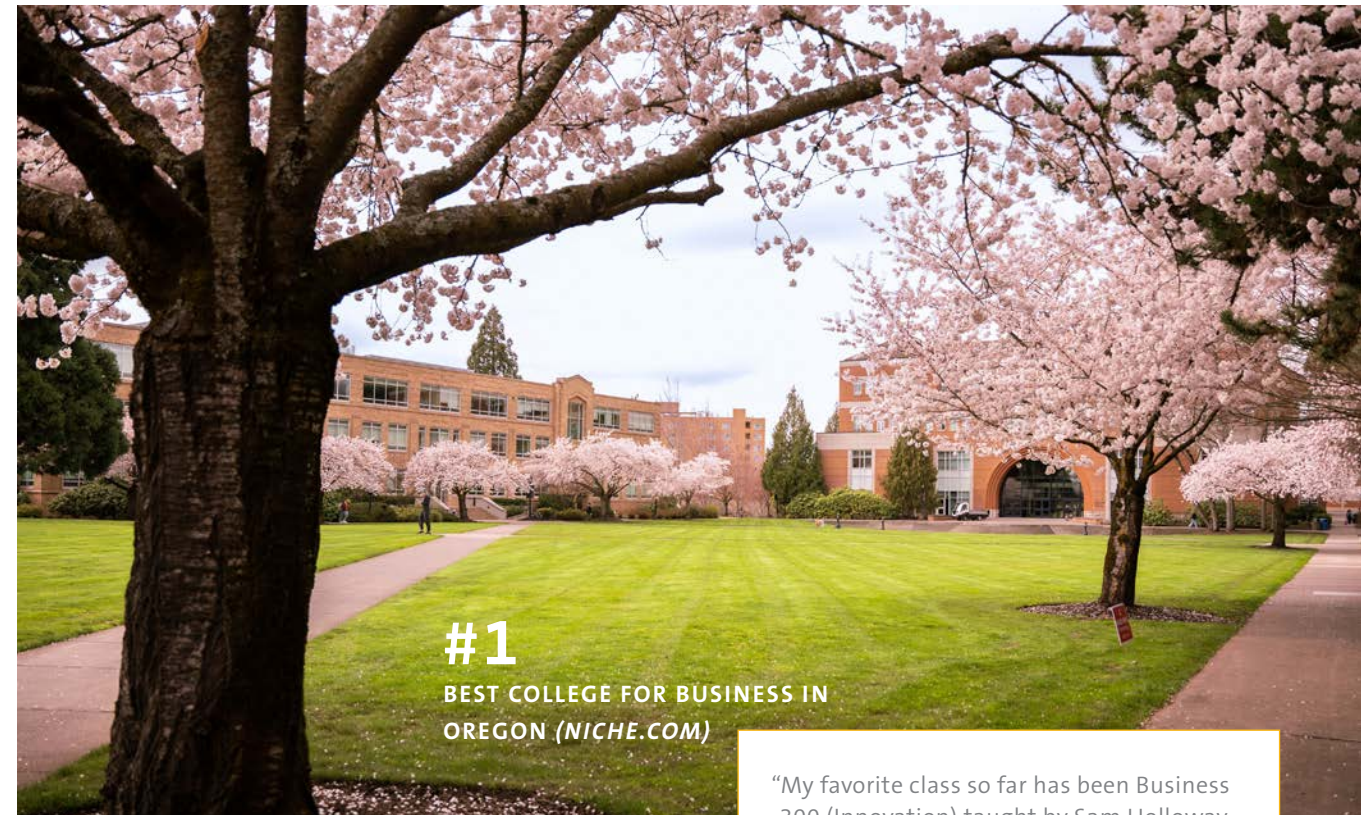
College of Arts and Sciences

The oldest and largest school at University of Portland, CAS offers degrees in the humanities, natural sciences, performing arts, social sciences, and interdisciplinary fields. A liberal arts and sciences degree provides a versatile pathway to a multitude of careers, and UP’s CAS graduates go on to become doctors, lawyers, scientists, entrepreneurs, and professors, among many other professions. Students learn to analyze complex problems, implement solutions, communicate persuasively, and act ethically—skills integral to success in any career—and receive personalized advice to help chart their path. Outside the classroom, CAS offers field work, research with faculty, fellowships, and paid internships to bring knowledge into focus in the real world.

“I loved my Behavioral Neuroscience class taught by Dr. Mark Pitzer. He is an awesome professor, and the class led to my student worker job at OHSU because I realized how much I was interested in research and behavioral neuroscience.” —**Abby M. '24, Psychology, Entrepreneurship minor, Sammamish, WA**



Aiming for law or medical school? Find out how UP’s pre-professional advising programs help students get into top graduate schools. college.up.edu/preprofessional-index



#1
BEST COLLEGE FOR BUSINESS IN OREGON (NICHE.COM)

“My favorite class so far has been Business 300 (Innovation) taught by Sam Holloway. He does a great job making the class interactive and valuable. He also has an abundance of experience and willingness to help.” —**Gavin L. '25, Business, Copperopolis, CA**

Pamplin School of Business

At the Pamplin School of Business, accredited by the Association of Advanced Collegiate Schools of Business (AACSB), students not only learn the fundamentals of business, they learn how to be leaders. Classes are dynamic and rooted in real-world experiences, threaded through with applied business ethics, and steeped with opportunities to work with our partners in the local business community, such as Adidas, Nike, Intel, the Portland Trail Blazers, and more. In fact, 100% of PSOB students complete an internship before graduation. Students develop an entrepreneurial mindset, as well as the

communication, problem-solving, teamwork, and leadership skills needed to manage organizations. PSOB offers undergraduate majors in accounting, economics, finance, marketing, and operations and technology management. Among the class of 2022, 96% achieved a positive career outcome.



Learn how the P4 program prepares students for professional careers starting in their first semester. business.up.edu/undergraduate/P4

School of Education

The SOE believes that education is a matter of justice, and that gaps in achievement and social opportunity can be addressed by skilled educators who are prepared to educate all learners. The nationally accredited program emphasizes deep field experience starting in students' first semester through

partnerships with more than 100 schools and 18 school systems. In addition to bachelor of arts and bachelor of science degrees, the school offers a 3+1 master of teaching degree, one of the first of its kind in the Pacific Northwest, allowing students to graduate with a bachelor's and master's degree in four years. Graduates become part of a strong alumni network that promotes professional development, mentoring, and lifelong connections between recent graduates and master teachers and leaders.



Explore the School of Education's traditional and accelerated pathways to becoming a teacher. education.up.edu

100% OF GRADUATES

earn their teaching licenses and are deemed highly qualified under specification of the federal act No Child Left Behind.

Donald P. Shiley School of Engineering

"Engineering for impact" is Shiley's motto, which is why its ABET-accredited programs focus on teaching students to recognize, care about, and solve the technical problems that affect society. Coursework and projects integrate theory, analysis, and design while emphasizing teamwork, experimentation, and innovation through hands-on projects. Students gain real-world experience through electric vehicle design competition teams, research with faculty, internships with community partners like Daimler Truck North America, and the Global Engineering Initiative (GEI), which partners students with disadvantaged communities around the world to improve their quality of life through engineering projects. Shiley offers undergraduate degrees in civil, electrical, and mechanical engineering, computer science, and a 4+1 master's degree in biomedical engineering.

90%
POSITIVE CAREER
OUTCOME RATE,
4-YEAR AVERAGE



"We support our students and make sure they're not just good engineers, they're also good community members. Our mission is to educate the whole person and I really believe in that, because it's what I experienced directly as a student, and it's what I get to participate in with my students." — Sean Gestson '16, Assistant Professor of Civil Engineering



Find out more about the many Shiley programs offering hands-on learning experiences outside the classroom. engineering.up.edu/opportunities

School of Nursing & Health Innovations

The largest nursing school in Oregon, SONHI offers a dynamic curriculum that adapts to the needs of a rapidly changing health care landscape, giving students the skills, knowledge, and mindset to be compassionate leaders in their field. The Elsie Franz-Finley Simulated Health Center is the first and only fully accredited, state-of-the-art simulated health center in the state and prepares nursing students for work in acute care units and ambulatory care centers. In addition to the BSN degree, SONHI offers a bachelor's in Integrative Health and Wellness, providing a holistic foundation in preventive health care. IHW students go on to careers in public health policy, preventative health education, physical therapy, and much more.



"I came to UP for the IHW program, with the plan of becoming a physician's assistant. But after doing community health work with Portland Street Response for my practicum, I realized I wanted to go to grad school for public health and follow a health education route. The faculty have provided me with so many great opportunities, and they've become lifelong mentors and friends." —**Brylee K. '23, Integrative Health and Wellness, Cloquet, MN**



94%

PASS RATE ON THE
NCLEX IN 2022

(national RN licensure exam)



Find out more about
SONHI's innovative
approach to nursing
education.
nursing.up.edu





Sometimes the Most Valuable Lessons Are Found Outside the Classroom.

Lessons learned from a textbook can take a very different shape when applied to real life. At UP, you'll have immersive experiences that let you dig into real-world work—whether that's in ecosystems, health care systems, a tech startup, or local government.

From co-authoring published research with faculty to conducting the UP symphony, we offer the same kinds of resources and opportunities you'll find at large, public universities, but our smaller size means you're far more likely to have the chance to take advantage of them even as an undergraduate.

81% OF 2021-22 GRADUATES completed some type of for-credit experiential learning opportunity.

RESEARCH, INTERNSHIPS, AND FELLOWSHIPS

As early as your first year, you can connect with professors on paid or credit-earning research and internship projects where you'll gain crucial field experience, including through the Summer Undergraduate Research Experience (SURE) and our Public Research Fellows program. The Office of Undergraduate Scholarly Engagement assists students in creating independent research projects and applying for competitive national fellowships. And there's a wealth of internship opportunities just minutes from campus. Pilots frequently intern at organizations like Nike, Wieden+Kennedy, Intel, Columbia Sportswear, Daimler Trucks North America, Providence Health & Services, Portland Trail Blazers, Oregon State Legislature, and many more.

"I worked as a research assistant on an environmental engineering project with Dr. Poor and Dr. Wolfand the summer of my sophomore year. They gave me a sense of ownership on the project, and I was even able to contribute to a published journal article. Being able to do that as an undergraduate student is pretty unique to smaller universities such as UP." —**Maya S. '24, Civil Engineering, San Jose, CA**

ENTREPRENEUR SCHOLARS

Our Franz Center for Leadership, Entrepreneurship, and Innovation is home to Entrepreneur Scholars, one of the nation's top entrepreneurship programs. Students of all disciplines who are interested in learning how to create a new business, enterprise, or product are encouraged to apply. The nine-credit program blends classroom instruction with domestic and international trips to work with world-class entrepreneurs. **Several of UP's E-Scholars have made the Forbes 30 Under 30 list.** Students can earn a minor in Entrepreneurship by adding two additional courses.

"The E-Scholars program was an amazing experience that gave me a unique perspective on starting my own business. The international trip broadened my views, and mentors with entrepreneurship experience gave me feedback, advice, and guidance to improve and progress in my venture. The program felt like a family that will always be there for me when I need help on future endeavors." —**Robert Y. '24, Accounting, Entrepreneurship minor, San Ramon, CA**





Nicole Rooney, '24, London, U.K.



SOCIAL JUSTICE IMMERSIONS

Students who participate in immersion experiences through our Moreau Center for Service and Justice get a real-world view of socio-economic issues both close to home and far afield, while connecting the experiences to what they're learning in their courses. Immersions take place during school breaks and might take you to rural Washington, inner-city Chicago, or the US/Mexico border.

STUDY ABROAD PROGRAMS

We want everyone to be able to experience new cultures and horizons, so our study abroad programs are intentionally designed to give all majors the opportunity to complete required coursework in cities across the globe. Semester program locations include Austria, Australia, France, England, Ireland, Spain, Italy, and others (UP financial aid applies). There are also summer programs and other short-term UP faculty-led programs. Locations may vary but could include Austria, Ecuador, England, Malawi, Japan, and the Dominican Republic.



RESEARCH SHOWS THAT STUDENTS WHO STUDY ABROAD DEVELOP VALUABLE PROFESSIONAL SKILLS, INCLUDING ADAPTABILITY, SELF-AWARENESS, AND CONFIDENCE.

“Not only did I get to complete a public relations internship during my semester abroad in London, but the classes I took allowed me to learn inside and outside of the classroom as our professors often took us on informative tours and field trips. I got the chance to see what it was like living in a big city and bond with more UP students. The process from The Bluff to abroad was so seamless!” —Kara H. '23, Marketing, San Luis Obispo, CA



Check out a complete list of study abroad programs and details.
up.edu/studyabroad/programs

Your Journey Is Unique, but You Won't Have to Travel It Alone.

SHEPARD ACADEMIC RESOURCE CENTER, FGEN, AND INTERNATIONAL STUDENT SERVICES

If you need help navigating college life, the Shepard Academic Resource Center offers academic counseling, peer tutoring, workshops, and support for all students, with special programs for first-year and first-generation students.

Our FGEN program sponsors workshops, social events, and offers leadership opportunities for first-generation college students.

The Office of International Student Services supports international students with immigration issues, academic and cultural adjustment, and offers opportunities for involvement in the University community.

CLARK LIBRARY

Faculty librarians trained in each discipline help students of all majors understand and develop rigorous, college-level research skills. Our database resources are in all formats, supporting research into a broad range of content that even includes streaming video, data, music, and original historical documents. In fact, faculty and students from every discipline, even chemistry, have used our medieval manuscript collection for their research. And we offer quick access to specialized research resources from nearby academic libraries.

994 STUDENTS

used peer tutoring services for 191 different courses in 2022-23. 94% of survey respondents said working with a peer tutor helped them better understand their courses and assignments.

CAREER EDUCATION CENTER

Career development is a lifelong journey, and our Career Education Center will be with you every step of the way, beginning with your first year on The Bluff and continuing long after you've graduated. The staff offers tools and guidance to help you explore your interests, gain experience, and effectively communicate about your competencies.

HEALTH AND COUNSELING CENTER

The caring staff at the HCC helps students address their physical and mental health needs, providing confidential medical and mental health services to all full-time and part-time students. Counseling services are free to students regardless of insurance status.

CAMPUS MINISTRY

All students are welcome to request confidential, one-on-one pastoral support from our Campus Ministry team at any time.

"I was having mental health challenges at the beginning of my first year and went to the HCC to talk to one of the counselors. She was so helpful and made sure to follow up with me and helped me find more long-term therapy." — Emma F. '26, Psychology, Education minor, Honors Program, Portland, OR



You Might Not Know Exactly What You Want to Do, but the Possibilities Are Endless.

When you graduate from UP, you'll have covered a vast amount of intellectual terrain, both in your studies and out in the field, and these experiences will have transformed you in exciting ways. We don't know exactly where you'll land. But we do know what you'll take with you: The ability to explore issues from multiple angles. The empathy to see things from another perspective. The courage to ask tough questions and grapple with complex ideas.

UP graduates are not defined by their major, but by their desire to make a difference in the world and in the work they do. They are leaders who actively seek ways to implement positive change. And there are countless ways to connect with other Pilots in our strong alumni network, whether it's through our 15 regional chapters, networking events, robust directory, or Switchboard, where you can ask advice from UP alumni all over the country on careers, traveling, and applying to grad school.

\$110,000

MEDIAN INCOME 10 YEARS AFTER GRADUATION

(10% RESPONSE RATE)

Places and Spaces to Put Knowledge into Action.

One of UP's most distinguished alums, Donald P. Shiley '51, designed an artificial heart valve that revolutionized the field of cardiology and saved countless lives. Donald always said that his success relied on two things—experimentation and collaboration—building blocks still foundational to a UP education today.

That's why we design our buildings to bring people together and equip them with the

resources to inspire innovation. Our 56,000-square-foot Clark Library is infused with natural light and artwork, and outfitted with computer workstations, open study areas with a mix of seating options, and reservable group study rooms and individual carrels. Our 65,000-square-foot Dundon-Berchtold Hall, opened in 2019 thanks to the generosity of alum Jim Berchtold '63 and his late wife, Amy, is home to a range of state-of-the-art classrooms, offices, study lounges, and an auditorium.

Soon we will honor Donald's legacy of fearless experimentation and cross-discipline collaboration when we open the doors to the Shiley-Marcos Center for Design and Innovation (pictured) in late 2023. The four-story, 45,400-square-foot, LEED-certified building will bring our engineering workshops, innovation labs, makerspaces, and digital design studios under one roof, allowing different perspectives and experiences from the entire UP community and beyond to come together and test the limits of possibility.



Take a closer look at the Shiley-Marcos Center for Design and Innovation.
engineering.up.edu/shiley-marcos-center





Where They Go From Here.

CAREER ACCOMPLISHMENTS

Author of best-selling novels
 Neurologist conducting research
 Actor in a popular sitcom
 Inventor of a prosthetic heart valve
 Coach of an NBA team
 Diplomat to the Far East
 Chief nursing officer
 News anchor and award-winning journalist
 Olympic gold-medalist and NWSL soccer player

GRADUATE SCHOOLS ATTENDED

Columbia University
 Duke University School of Medicine
 Georgetown University
 Harvard Medical School
 Oregon Health & Science University
 UCLA School of Law
 University of Chicago
 University of Michigan
 University of Washington School of Medicine
 York University

"I owe my budding career to the Career Education Center. They've been so kind and supportive of me since my first year and helped me get an internship every summer leading to a job right out of college!" — **Samone W. '23, Computer Science, Tacoma, WA**

81% OF 2021-22 UP GRADUATES
 report a positive career outcome rate as defined by National Association of Colleges and Employers (NACE)

➔ Learn more about how UP supports your career and education goals at up.edu/career



Your Never-Ending Curiosity Can Lead You to Unimagined Places.



LYDIA HEYE '19
MAJOR: POLITICAL SCIENCE
LEGAL FELLOW, TRUSTEES FOR ALASKA

“I took a social justice class that opened my mind to how environmentalism can address the disproportionate impact that environmental harms have on communities of color. I immediately fell in love with the field, and the incredible faculty at UP advised me to switch my major to political science and consider law school. I’ve now graduated from UCLA School of Law and am working as a legal fellow focused on environmental issues at a nonprofit in Alaska.”



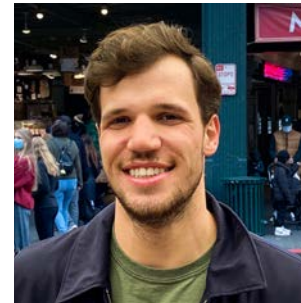
KAI TAKEUCHI '18
MAJORS: MARKETING AND OPERATIONS & TECHNOLOGY MANAGEMENT
MARKETPLACE OPERATIONS SPECIALIST LEAD, NIKE

“I was an undeclared business major during my first year at UP, but the business core curriculum gave me great exposure to all the business majors, which helped me figure out what I ultimately wanted to do. Sports Marketing was my favorite class because it gave me exposure to industry professionals and taught me a lot about sports brands. I was able to network with people at Nike, which helped me secure a job offer after graduation.”



MOLLY STEINER '18
MAJORS: ELEMENTARY EDUCATION AND SPANISH
TITLE I DUAL LANGUAGE EDUCATOR, HILLSBORO SCHOOL DISTRICT

“Working as a coordinator for the Moreau Center for Service and Justice was a formative experience. I learned how to navigate institutions and gained a critical equity lens, and I’ve carried that forward in my work as a teacher, both in Mexico, where I completed my Fulbright grant at a technical high school, and now as a Title 1 educator for the Hillsboro School District. I’m continually drawing on the skills I gained during my four years at UP.”



GRAHAM FOSTER '21
MAJOR: MECHANICAL ENGINEERING
MANUFACTURING ENGINEER, BOEING

“The experiences in sustainability I had through different clubs, classes, and opportunities left a lasting impact on my way of thinking. One stand-out experience was the Grand Challenge Scholars Program, where I was able to explore the impact of renewable energy through a multidisciplinary lens. And my participation in UP’s Multiple Engineering Co-op Program (MECOP) gave me a ton of relevant experience, including an internship at Boeing that turned into a full-time job offer when I graduated.”



SAMANTHA RIVAS '20
MAJOR: MATHEMATICS
MINORS: BIOLOGY, CHEMISTRY, AND SPANISH
THIRD-YEAR MEDICAL STUDENT AT UC SAN FRANCISCO SCHOOL OF MEDICINE

“I wanted to go to medical school and knew that mentorship during my undergrad years would be very important. That’s why I chose UP. My professors doubled as mentors, giving me great advice on creating a four-year plan for classes and extracurriculars like internships and research, and helped me build my medical school application. Even now as a med student at UCSF, my faculty mentors frequently reach out to see how I am doing.”



VICTOR RODRIGUEZ VALDOVINOS '20
MAJOR: NURSING
CLINICAL TEACHING ASSOCIATE, UNIVERSITY OF PORTLAND

“My clinical immersion in an eye surgery center and mission trip to Antigua, Guatemala, to care for patients in the post-op ward gave me great training in pre- and post-operative patient care. After graduating, I continued this work as a circulator nurse in the operating room at Providence Portland Medical Center before returning to UP as a teaching associate. My professors were instrumental in my success as a nursing student, and I hope to inspire others to see their potential too.”



Take a deeper dive into more Pilot stories. up.edu/upoutcomes

UP Is Affordable.

We're committed to making the cost of UP's premier, private college education affordable for everyone. **That's why more than 99% of full-time, first-year students receive some type of financial aid**—whether that's grants, scholarships, work-study, loans, or a combination of these options. All accepted students are automatically considered for institutional merit scholarships, and there are scholarships available for unique talents too. In order to be considered for need-based aid, you must complete the Free Application for Federal Student Aid (FAFSA).



Uncover all of your financial aid options. up.edu/finaid



General Timeline

SEPTEMBER 1

Admissions application review begins.

NOVEMBER 15

Recommended admissions application deadline.

DECEMBER

Free Application for Federal Student Aid (FAFSA) becomes available.

JANUARY 15

FAFSA priority receipt deadline and final application deadline for first-year students. Applications after this date are reviewed on a space-available basis. (Transfer and all international students have later deadlines.)

MAY 1

Submission or postmark deadline for enrollment confirmation and housing deposit.

FOR 2022-23, THE AVERAGE AMOUNT OF AID AWARDED TO FULL-TIME, FIRST-YEAR STUDENTS FROM ALL SOURCES WAS \$36,596 (not including loans).

ROTC SCHOLARSHIPS

UP is home to Army and Air/Space Force ROTC detachments, each of which offer scholarships that can be combined with financial aid packages and institutional and outside scholarships. Students accepted into these programs can earn an officer's commission and a UP degree at the same time with a lower cost of education.



Find out more about the ROTC programs at UP. up.edu/finaid/otheraid/rotc



COSTS FOR 2023-24*

Tuition	\$54,400
Average Fees	\$2,000
Average On-Campus Housing	\$11,136
Food/Meals (Meal Plan 2)**	\$5,400
Misc. Personal Expenses	\$1,206
Transportation	\$608
Books/Course Materials/Supplies/Equipment	\$810
	<i>(estimated, varies)</i>
Total.....	\$75,560

* Tuition and housing rates for 2024-25 are not determined until spring 2024.
** Most common package.

Flip to the BACK COVER FOR THE FUN STUFF! →



Your Next Big Adventure Is Just Around the Corner.

Welcome to Portland, the City of Roses. Mere minutes from campus—by bike, bus, or foot—you'll find music venues big and small. Food carts for every taste. A bookstore spanning an entire city block. Professional basketball and soccer teams. Green spaces and hiking trails galore. And miles and miles of bike paths.

Portland offers a convivial, small-town vibe with big-city benefits like a thriving arts and culture scene, internships and jobs in a wide range of industries, and easy airport and public transit access. And year after year, it's consistently named one of the top food cities in America. There's truly no other place like Portland.



Find Yourself Outdoors.

Portland is the perfect basecamp for exploring the Pacific Northwest. To our east is the Columbia River Gorge, known for its famous hiking trails and waterfalls. A 90-minute drive will take you either to the Pacific Ocean, where uncrowded beaches stretch for miles, or to Mount Hood, a year-round destination for skiers, snowboarders, and hikers. Beyond the mountains, in Central and Eastern Oregon, you'll find wide-open spaces and high desert ranchlands. To the south are the farm stands and winding country lanes of the Willamette Valley. Every direction you turn will bring you to a new adventure.



"It is really exciting when family and friends come from out of state, and you get to be the tour guide from the city you now call home. When my mom visited, we went on a hike around Multnomah Falls followed by lunch at McMenasins Edgefield. We also checked out the local vendors at the Portland Night Market and attended a concert at the Roseland Theater. No matter what kind of activities you enjoy, Portland always has an adventure to offer." —Kara H. '23, Marketing, San Luis Obispo, CA

ONE OF 20

BEST PLACES TO TRAVEL IN THE U.S. (FORBES, 2023)

#1

BEST FOODIE CITY IN AMERICA! (WALLETHUB, 2022)

Everywhere You Look, a Breathtaking View.

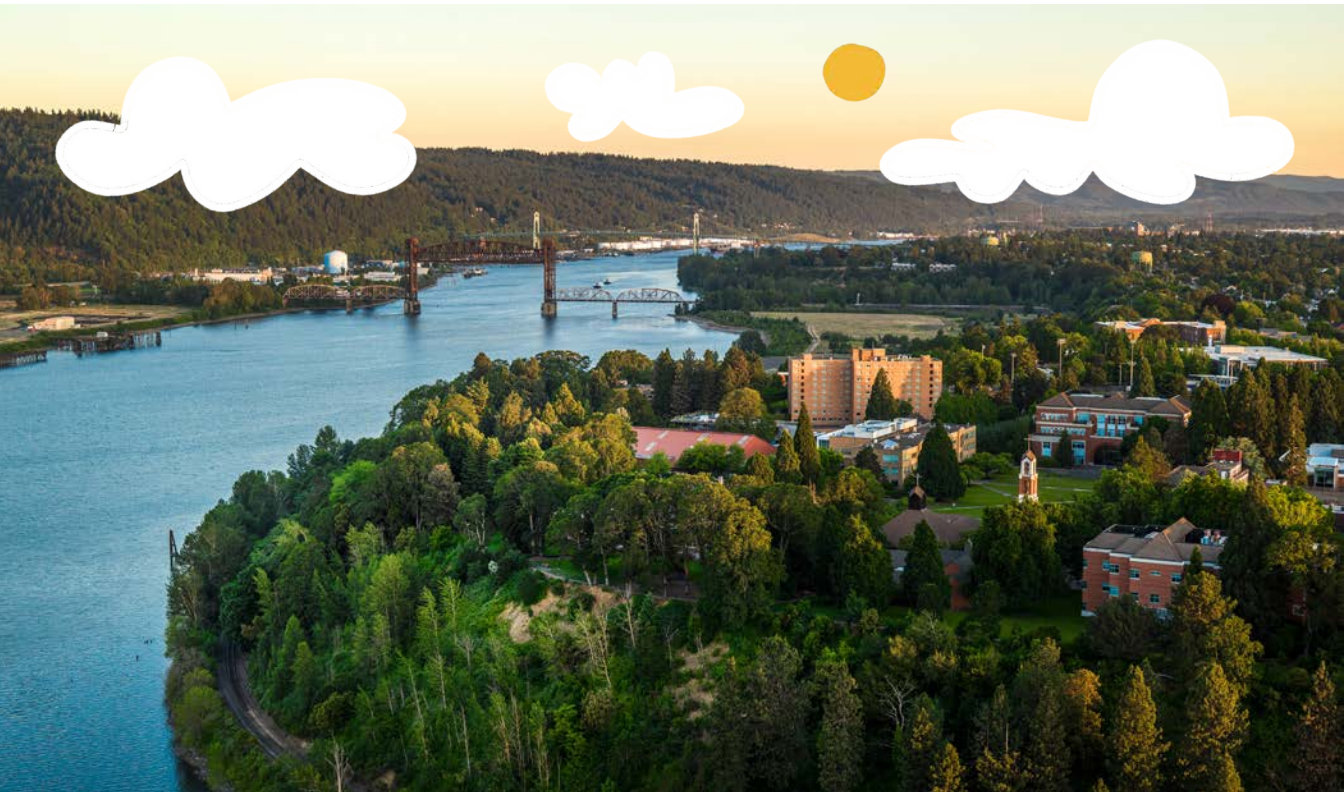


Our campus is nestled in a quiet, safe, residential neighborhood overlooking the Willamette River. Instead of crowded sidewalks and towering skyscrapers, we have majestic trees, green grass, and birds overhead. Close to campus in the St. Johns neighborhood, you can watch a movie, sip coffee, or grab lunch at the farmers market, then head to Cathedral Park for some of the best views in the city.

Come take a look and see for yourself why our students love being a part of The Bluff.

Plan your visit at up.edu/upvisit

"I love to walk and run around in Portland! As a runner I feel safe running around campus in the mornings, and there are some awesome views while doing so!" —Lexi F. '26, Nursing, Orange, CA



Live at the Heart of It All.

When you live in one of our 10 residence halls, you'll find yourself close to everything—classrooms, the library, and places to eat, study, and work out. We have coed, male, and female halls, each with its own culture and traditions like hall olympics and game nights, dances and trivia competitions, and auctions that raise funds for charities. Living on campus makes it easy to meet new people—some of whom are sure to become lifelong friends. Each hall has common spaces, kitchens, a pastoral resident, and caring staff to help you make it your home away from home.

"I met some of my best friends in the dorm. My wing of Lund Family Hall was known for competitive ping pong matches that often lasted until 2 a.m. I also got a job as a community assistant in my dorm and enjoyed planning and running fun events." —Will M. '26, Biology, Chemistry minor, Honors Program, Spokane, WA



Take a closer look inside our residence halls. up.edu/virtualvisit/tours/residence-halls

MORE THAN 90% 
OF FIRST-YEAR STUDENTS LIVE ON CAMPUS



Bring Your Appetite.

We have two popular dining halls: the large, light-filled Bauccio Commons and the pub-like Pilot House with its coffee bar and grab-and-go market inside. Each offers a from-scratch food program run by Bon Appétit Management Company, a national leader in sustainable food sourcing founded by UP alum Fedele Bauccio '64. The seasonal menus change daily and are peppered with ingredients from local producers like Grand Central Bakery, Bob's Red Mill, Bui Tofu, and Mama Lil's peppers.



"I love getting coffee and a bagel at the Pilot House early in the morning when everyone is getting their day started, and in the afternoon between classes when I get to catch up with friends and professors. It helps that I really love the locally roasted coffee too!" —Megan M. '23, Marketing and Political Science & Global Affairs, Alpha Kappa Psi President, ASUP Vice President, Shakopee, MN

 **ABOUT 25%**
of ingredients come from small farms and ranches located within 150 miles of campus.

Be Part of the Action, on or off the Field.

We have 16 NCAA Division I intercollegiate teams competing in the West Coast Conference, including men's and women's soccer, basketball, tennis, cross country, and indoor and outdoor track and field; men's baseball; and women's beach volleyball, indoor volleyball, and rowing.

Players of all skill levels can start up or join one of the many intramural teams. And the Sports Club program is a great arena if you're looking to compete against other schools.



Our new boathouse is one of the only on-campus college boathouses on the West Coast and the latest addition to our 35-acre Franz Campus expansion, home to soccer practice fields and lighted intramural fields, and soon a new track and field facility.

University of Portland is famed for its men's and women's soccer teams. Many alums have competed at the professional level, on national teams, in the World Cup, and in the Olympics, including Megan Rapinoe '08, who also earned the Presidential Medal of Freedom in 2022 for her work advocating for gender pay equality, racial justice, and LGBTQIA+ rights.

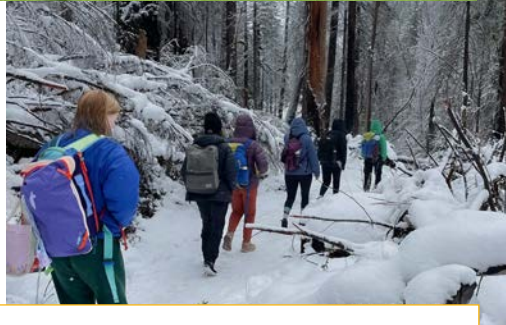


BEAUCHAMP RECREATION CENTER AT A GLANCE

- 72,000 square feet
- Cardio loft with floor-to-ceiling windows and over 50 cardio machines, most with built-in TVs
- Suspended indoor running track with 1/8 mile loop and 1/12 mile loop
- Bouldering wall and climbing tower intended for all skill levels, with shoes available at no charge and routes changed up frequently
- 3 fitness studios (2 suspended wood floors, 1 rubber floor) offering dozens of classes, from boxing and HIIT to spin and yoga
- Weight room with UCS and Dynamic full and half racks, Rogue and Ivanko bumper plates, and barbells
- Functional training areas equipped with medicine balls, kettlebells, TRX bands, plyo boxes, and more
- 84-foot basketball court that can be converted into volleyball courts and badminton courts
- 96-foot basketball court with seating and ability to close off for private practices
- Men's and women's locker rooms with day use and rental lockers, restrooms, and showers
- Bike shop with mechanics and 30 bikes for checkout

Discover How Far Your Health Can Take You.

Here, we see exercise as part of a holistic experience—as not only a chance to support your health and wellness, but also to jump into unfamiliar surroundings and new experiences on your own or with a team. That’s why we offer so many ways to stay active. Besides, studies show that students who exercise regularly do better academically.



“I always looked forward to playing intramural sports at the end of the day, whether it was basketball, volleyball, or flag football. It’s a fun way to relieve stress, make new friends, and still be competitive.” —Josh A. '26, Electrical Engineering, Honors Program, Ewa Beach, HI



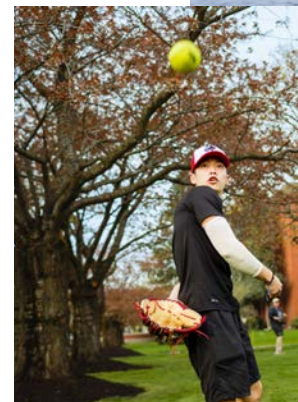
Outdoor Pursuits

Develop new skills, test your limits, and explore Oregon on a trip offered by our Outdoor Pursuits program. Mountain bike in the Columbia River Gorge, rock climb at Central Oregon’s Smith Rock, snowshoe on Mount Hood, learn to surf at the coast, or just stretch your legs on a hike with other Pilots in nearby Forest Park, then stop for coffee and donuts after. Outdoor Pursuits offers a host of excursions every semester and also rents out all the gear you need for a small fee—bikes, kayaks, SUPs, camping equipment, and more—so you can explore on your own or with friends.

Check out UP’s many fitness options at up.edu/recservices



IN THE **2022-23** season, the Men’s and Women’s Soccer and Women’s Basketball teams made the NCAA Postseason and Pilot Baseball made the WCC Tournament.



In the 2022-23 academic year, our student-athletes posted the highest department GPA ever at 3.47, with **46.8%** MAKING THE DEAN’S LIST, **84.3%** POSTING A GPA OF 3.0 or higher, and 83 students posting a perfect **4.0**



We Strive Not Only to Be the Best, but Also Our Best Selves.

Our student-run clubs and organizations provide even more ways to stretch yourself. Take on a leadership role, find a new passion, be part of the community. Our clubs cover a range of interests, from mock trial to robotics, climbing to lacrosse, esports to the environment, and philosophy to culture, including the Hawai'i and CHamoru' clubs, and our Black and Latinx student unions. Don't see a club for your particular interest? We make it easy to start your own.



"I love my experiences with the Gender and Sexuality Partnership, specifically the drag show that we run every year. It is a space of queer joy and happiness on campus." —August S. '24, Environmental Ethics & Policy, History minor, American Fork, UT



MORE THAN **100** ACTIVE STUDENT-RUN CLUBS AND ORGANIZATIONS



Discover all the ways you can get involved at up.edu/upstudentlife



A Place Where All Are Welcomed and Valued

We are a Catholic university where faith and inclusivity are interwoven throughout our community. UP is guided by the Congregation of Holy Cross, a community of priests and brothers who see education as a formation of both the heart and the mind. You'll find members of Holy Cross in our classrooms, in our residence halls, and in our offices. We offer many ways to help you on your spiritual journey. You can choose to attend Mass in the Chapel of Christ the Teacher or in your residence hall, enjoy quiet contemplation on a retreat, or join one of the many bible study, faith-sharing, or interfaith groups on campus.

Inside and outside the classroom, we encourage you to ask questions, explore personal convictions, and consider moral and ethical implications. The Garaventa Center brings thought-provoking artists, speakers, and films to campus to discuss faith and ethics from a diverse array of perspectives. And our Dundon-Berchtold Institute hosts an annual ethics week and offers competitive paid internships to research ethical issues with a professor or out in the business community. These are all opportunities for you to discover how faith influences each of us differently.



"I have loved participating in all the opportunities Campus Ministry has to offer and have grown so much in my faith. Retreats, hall Mass, and small group faith sharing have allowed me to engage in my faith on a deeper level and I am so grateful for all I have learned from my peers." —**Kaylan T. '23, Biology and Spanish, Theology minor, Honors Program, San Jose, CA**

#12

**BEST CATHOLIC COLLEGE
IN AMERICA (NICHE.COM)**



Find out how you can explore faith through Campus Ministry's retreats and programs.
up.edu/campusministry



Find Common Ground Through Serving the Common Good.



"Thanks to the Moreau Center's Interns for Justice program, I interned in legal aid services for SOAR (Sponsors Organized to Assist Refugees). Many of the stories I heard were heartbreaking, but it was encouraging to hear about the wins. I hope to become a lawyer and do good work like SOAR does in the future." —**Tim A. '23, English, French minor, Sandy, OR**



Learn more about the opportunities available through the Moreau Center for Service and Justice. up.edu/moreaucenter

UP is a place where bright minds from varying backgrounds are encouraged to hold honest and open conversations about values, perspectives, and experiences—and direct their collective energy to help others.

You'll shift your idea of service from counting hours to measuring the impact of what you are doing. And you'll have many ways to get involved—whether it's for a one-time project, a service immersion at home or abroad, or a paid summer internship close to campus or in your hometown. Our Moreau Center for Service and Justice partners with a host of organizations and nonprofits that share our commitment to social justice, both within and beyond the greater Portland community, and supports students with a wealth of opportunities to expand their skills and their understanding.



Bring all of
who you are.

UNIVERSITY OF PORTLAND

150 ACRES
OF CAMPUS

10
RESIDENCE
HALLS

11 MILES TO
PDX AIRPORT!
65+ cities + 8+ countries
with direct flights

10 MINUTE
DRIVE TO
DOWNTOWN
PORTLAND

be there in 5!
i'll get us some coffee ☺

2,200
STUDENTS
LIVE ON-
CAMPUS

100+
student-run
clubs!

SIXTEEN
DIVISION I
TEAMS

meet at the
library?

0.9 MILES
to the NEAREST
GROCERY STORE
(NEW SEASONS)

1.6
MILES TO THE
NEAREST MOVIE
THEATER
MCMENAMINS
(+ THEY HAVE TATER TOTS)

DOZENS
OF INTRAMURAL
TEAMS

sixty miles
to
MT. HOOD + A 10-MONTH
SKI SEASON

AVG.
HIGH
TEMP.
49°
in WINTER

2 miles
to the
BEST
PHOTO-OP in PORTLAND
CATHEDRAL PARK

85 MILES
TO SEA STARS +
CRASHING WAVES
AT CANNON BEACH

AVG.
PRECIPITATION
43"
4" LESS THAN NYC!

BY the
NUMBERS

WHAT'S IT REALLY LIKE ON THE BLUFF?

University
OF
Portland

HOME AWAY
FROM HOME

“The first thing I noticed about Portland when I came to visit was how green it was! To this day, one of my favorite places in the city is Forest Park (right across the river from UPP). There are over 80 miles of hiking, biking, and walking trails, and the air always smells so fresh and clean!” —**Kyle J. T. '23, Biology and Spanish, Theology minor, Honors Program, San Jose, CA**

“UP is the perfect size. It's big enough to offer some really cool and diverse areas of research, but small enough that there is availability for undergraduates to participate without competition from grad students. I was able to do research on heart development with Dr. Dyer during my first year — an opportunity I probably wouldn't have been able to have at a larger school.” —**Will M. '26, Biology, Chemistry minor, Honors Program, Spokane, WA**

“When I was struggling with Anatomy and Physiology 2, I went to my professor for guidance, and he went out of his way to reteach me the material. He saw strengths in me and my academics that I was struggling to find within myself and encouraged me to become an A & P 1 Lab TA!” —**Emma K. '25, Nursing, Psychology minor, Kailua, HI**