Welcome from HCDC

Welcome from the Director

Dear Student,

Welcome to the Bulldog Family! I am delighted that you have chosen to enroll at Mississippi State University and want you to know that the Holmes Cultural Diversity Center is committed to your collegiate experience. Our office has designed an exciting and responsive array of programs and activities to promote student engagement and success for your time on campus. We invite you to drop in and say hello, and to contact us if we can be of assistance. As you examine our office resources, we hope that you will find our services to be beneficial and our Center to be your “home away from home.” Our fundamental goal is to help you grow to new heights through meaningful programming that will ultimately enrich your overall campus experience.

I encourage you, as a new student, to put forth 100% effort during your time at Mississippi State. This journey that you are embarking on will require a dedication of time and patience; however, the end result will be well worth it. Your role is vital and valuable in building brighter futures for other students here at Mississippi State, as you bring a wealth of culture and traditions from your own country. Thank you again for joining us here at MSU and I look forward to serving as a resource for you!

In Maroon and White,

Ra’Sheda Forbes
Assistant Vice President for Multicultural Affairs
Director of the Holmes Cultural Diversity Center

Welcome from the President of the International Student Advisory Board (ISAB)

Dear New Bulldog,

I would like to congratulate and thank you for choosing Mississippi State University as your new home while you pursue your academic goals. You too are now a part of this tight-knit community that makes this university so great. My job as the president of the International Student Advisory Board (ISAB) is to help students like you get plugged in on campus. ISAB takes great pride in representing you to the university, and we would like to encourage you to be a part of us.

Every member of our organization understands how difficult this new environment can be, so we urge you to reach out if you have any problems at all. MSU has some of the most understanding administrators, staff, and students you can find. We are happy to help you in any way we can.

Please feel free to stop by anytime, or if you see me on campus come say “hi.” I would love to meet every one of you. Welcome to Starkvegas, and I hope you have the best time.

Hail State!

Andrew Elberson
President, International Student Advisory Board (ISAB)
Welcome to the Bulldog Family!

Dear new international students,

On behalf of Mississippi State’s students, we are very excited to welcome you to the Bulldog family! Here at Mississippi State, you will be joining our diverse student body that includes more than 700 international students representing 80-plus countries.

Our current students have found that various student organizations, events, and programs on campus help you to meet great people and find new friends. Mississippi State is truly a home away from home.

We want to encourage you to get involved in any of our 350 student organizations, various programs, and events that will provide you with unique opportunities for learning, leadership, and new challenges.

We have learned not only about other cultures but also ourselves and our abilities through an American college experience.

We are very happy for your new journey here with us and are looking forward to seeing you at the International Student Insight Days on August 19 and 20. Details of the event will be sent to you via e-mail.

Hail State!

International Student Liaisons,
Andrew Elberson, Anirudh Aditya, Keilah Shannon, Lizzy Powers, Lucy Meehan, Truli Strickland, Urita Mma Agana, Vy Nguyen, Yashaswin Sridhar
Mississippi State Traditions

The Cowbell

The Cowbell is the ultimate symbol of Mississippi State pride. Legend has it that a wandering jersey cow became a good luck charm after strolling onto the field during a victorious home football game. Later, students started bringing the cow’s bell for luck and the tradition continues today.

Bully

Bully, an English Bulldog, is the official mascot of MSU. He can be found cheering on the Bulldogs all across campus along with his costume-clad counterpart, also named Bully.

Maroon & White

The Maroon and White tradition dates back over a century to the very first football game ever played by the school’s student-athletes on November 15, 1895, and current students still wear their Maroon and White with pride. Be sure to listen for the Maroon and White cheer on game day.

The Drill Field

Located at the center of the MSU Campus, the Drill Field is a popular gathering place for students. When Mississippi A&M was founded in 1878, it was founded as a land-grant institution. Early ROTC cadets would have morning and evening drills in this area of campus, which earned it the name “Drill Field.”

The Junction

The Junction is the heart of Bulldog tailgating. The Bulldog family gathers here in excitement on game day to watch the team enter the stadium during the Dawg Walk, to hear the Famous Maroon Band warm up, and to fill up on their favorite tasty tailgating treats.

Maroon Fridays

The Bulldog family shows off our pride and passion for MSU by wearing maroon on campus, at home, at work, and around the world every Friday, 52 weeks a year.

Hail State Fight Song

Hail State was penned as the Mississippi State fight song in the 1930s and is still chanted proudly in the land of Maroon and White today!

Hail dear ol’ State!  
Fight for that victory today.  
Hit that line and tote that ball,  
Cross the goal before you fall!  
And then we’ll yell, yell, yell, yell!  
For dear ol’ State we’ll yell like H-E-L-L!  
Fight for Missisippi State,  
Win that game today!

Visit the Office of Admissions & Scholarships website for more information on the university’s traditions.  
admissions.msstate.edu
Weather

Starkville is characterized by a relatively inconsistent but overall warm climate for much of the year. Temperatures fluctuate quickly, so it is important to be prepared. The warm season begins around May, with the hottest temperatures rising to over 100 °F (37 °C) and high humidity during the months of July, August, and September. The heat usually lessens but often stretches through October. Following that, November welcomes colder weather that usually runs through around February, with temperatures dipping down to around 32 °F (0 °C). March and April see more pleasant temperatures as spring begins, although some severe weather is a possibility and staying alert is crucial.

About Starkville

The city of Starkville, home to Mississippi State University, offers a wide variety of exciting events and activities to participate in all throughout the year. Located in the eastern-central region of the state of Mississippi, Starkville resides within Oktibbeha County and is home to around 50,000 people, including the university. Fueled by its relationship to the university, the city hosts numerous festivals, concerts, and sporting events, as well as more restaurants per capita than anywhere in the state. Along with Mississippi State University, Starkville offers many ways to get involved with the community, so explore all it has to offer!

Downtown

Downtown Starkville features outstanding local restaurants that grant city residents and visitors alike an opportunity to savor the tastes of the region. In addition, there are historical sites and buildings to check out, plus shopping areas and a local farmer’s market.

Cotton District

The Cotton District, located within walking distance of the MSU campus, is famous for its use of traditional architecture and also is home to an abundance of dining and nightlife options in the lively community.

Highway 12

Along Highway 12, there are many dining places including major fast food and local restaurants, and shops including Walmart and Kroger for groceries and daily necessities.
Cities Nearby

Starkville is also conveniently located near local areas that offer fun things to do and within driving range of some of the biggest cities in the South. These include:

Columbus, MS
Just a 20 minute drive east of Starkville, Columbus offers a multitude of shopping and dining options, including Leigh Mall.

Tupelo, MS
About one hour drive from Starkville, Tupelo is famous for its Elvis Presley Birthplace & Museum.

Mississippi Delta
The Mississippi Delta has bed and breakfast inns that used to be antebellum mansions, restaurants with excellent southern cuisine, and battlefields where the fate of the nation was determined during the Civil War. You can experience the soulful sounds performed by famous blues musicians where the Delta blues is as much a lifestyle as a style of music.

Jackson, MS
The capital of the state and largest city in Mississippi is located two hours south of Starkville. Home to historic buildings, restaurants, museums, and the Jackson Zoo, there is plenty to explore and discover here.

Tuscaloosa, AL
90 miles across the Alabama border, Tuscaloosa is about an hour and a half from Starkville and is home to the University of Alabama and roughly 100,000 residents. Lake Lurleen State Park includes many trails and outdoor areas to explore for those who enjoy adventure.

Birmingham, AL
The biggest city in Alabama is just two hours east of Starkville. It features the Birmingham Civil Rights Institute, Birmingham Zoo, Alabama Theatre, and many great restaurants for enjoying an evening out.

Memphis, TN
World famous for its blues, soul, and rock ‘n’ roll music that originated there, Memphis is less than three hours from Starkville. The National Civil Rights Museum, Beale Street Historic District, Elvis Presley’s Graceland mansion, and Memphis Rock ‘N’ Soul Museum, among others, provide many options for things to do and see.

Nashville, TN
As the capital of the state of Tennessee, Nashville is one of the top cities to visit in the entire South and is around four hours from Starkville. Known for its legendary country music influence, Nashville has a major live music scene and downtown area with numerous restaurants and shopping areas.

Atlanta, GA
Located around five hours from Starkville and home to the busiest airport in the world, the capital city of Georgia features many top attractions. These include the Martin Luther King, Jr. National Historic Site, Centennial Olympic Park, Georgia Aquarium, CNN Center, and the World of Coca-Cola.

New Orleans, LA
The “Big Easy” is world famous for its vibrant nightlife, exciting music scene, and spicy cuisine. Also around five hours from Starkville, New Orleans’ annual Mardi Gras festival is a popular tourist destination, as is Bourbon Street, Jackson Square, and the Audubon Zoo.
Golden Triangle Regional (GTR) Airport – Starkville

Starkville – MSU Area Rapid Transit (S.M.A.R.T): GTA Express

To Starkville
• Shuttle will depart 30 minutes after every flight arrival except on Sundays.
• Shuttle will arrive at The Mill on campus 55 minutes after flight arrival.
• Shuttle will arrive at Walmart in Starkville 1 hour and 15 minutes after flight arrival.

To GTR Airport
• Shuttle will depart Walmart in Starkville 1 hour and 45 minutes before flight time.
• Shuttle will depart The Mill on campus 1 hour and 25 minutes before flight time.
• Shuttle will arrive at GTR 1 hour before flight time.

Notes
• The GTR Airport Express provides service for all Monday-Sunday arrivals & departures.
• Schedule will change based on actual flight arrival times. Contact the Golden Triangle Regional Airport for updated flight times.
• MSU International Institute will provide airport pick-up from the GTR airport between 7/24 and 8/23. The GTR airport is located 15 miles from the university. Register for airport pick-up at https://www.international.msstate.edu/airport-pickup/. You must request airport pick-up at least seven days before your arrival.

Inside Starkville

Bus: Starkville – MSU Area Rapid Transit (S.M.A.R.T)
S.M.A.R.T. buses provide easy and free transit for the campus of Mississippi State University and City of Starkville.

Campus
Central Loop: Mon. – Fri. 7:00 a.m. – 6:00 p.m.
Wise Center: Mon. – Fri. 7:00 a.m. – 6:00 p.m.
East Lee: Mon. – Fri. 7:00 a.m. – 6:00 p.m.
Sportsplex: Mon. – Fri. 7:00 a.m. – 6:00 p.m.
Greek Loop: Mon. – Fri. 7:00 a.m. – 6:00 p.m.
Research Loop: Mon. – Fri. 7:00 a.m. – 6:00 p.m.

Starkville
Old Main Express: Mon. – Sat. 7:00 a.m. – 8:00 p.m.
Highway 12: Mon. – Sat. 7:00 a.m. – 8:00 p.m.
Boordtown North: Mon. – Sat. 7:00 a.m. – 8:00 p.m.
Boordtown South: Mon. – Sat. 7:00 a.m. – 8:00 p.m.

You can track S.M.A.R.T. buses with your smart phone by downloading the DoubbleMap App. Visit their website to see a map with all the routes above and get live and up to the minute arrival information. Please visit the website below or make a call for holiday schedules and more information.

Enterprise CarShare
Through a partnership with Enterprise, there are some self-service and fuel-efficient cars available 24 hours a day and 7 days a week for students to rent. Students need to complete an application to become a CarShare member in order to rent the cars. Visit the website below for membership and details.

Taxi
Starkville has taxi services below for transportation inside the city, between Starkville and other cities nearby, and between close airports in Starkville.

Parking Permits on Campus
Every vehicle must have a permit to park on campus. Please visit the link below for more information to obtain permits.
Once You Arrive...

☐ Check your Mississippi State e-mail every day for important information and announcements from different departments and offices of the university.

☐ Log in to your myState account and update your local physical address in Starkville.

☐ Check your holds on your myState Account.

☐ Check in at the International Services Office (Room 116, Allen Hall) and finish a mandatory online immigration orientation to get your immigration hold removed.

☐ Visit the Longest Student Health Center to submit immunization forms and make an appointment for the chest x-ray and blood test in order to get your medical hold removed.

☐ If you haven't, submit your required documents to the Office of Admissions and Scholarships to get your academic hold removed.

☐ Visit your department and meet with your academic advisor to obtain a Registration Access Code which will allow you to register for classes.

☐ Visit the ID Card office in Allen Hall to have your Student ID card made.

☐ If you will be a teaching assistant, attend Teaching Assistant Workshops Fall 2019 on Wednesday, August 14 and Thursday, 15. Visit and register at: grad.msstate.edu/events/

☐ If you are an undergraduate student, you are encouraged to attend the August Orientation for freshmen and transfer students on Friday, August 16. Visit and register at: admissions.msstate.edu/admitted/orientation/orientation-sessions/freshmen-august-orientation/

☐ All international students are encouraged to attend the International Student Insight Day on Monday, August 19 and Tuesday, August 20. Register for the event at: msstate.campuslabs.com/engage/submitter/form/start/308660

Holds

All international students have holds on their student account upon their arrival. These holds must be removed in order to register for classes. Once the holds are clear, students can make an appointment with their academic advisor to register for classes.

Medical Hold

International students can contact the Longest Student Health Center on campus to make an appointment to review their medical hold. Arrive on time for the appointment with your immunization records. The doctor will take your chest X-Ray, conduct Quantiferon Gold, and view your MMR immunization records, and then remove your hold. The fee can be charged on your student account or pay at the counter. Remember that two MMR vaccinations are required. For the protection of our students, all students including transfer and graduate students, born after 1956 are required to provide proof of immunity to Rubella (red measles), Rubella (German measles) and Mumps (MMR).

Admission to MSU will require the screening for Tuberculosis at the health center using:

1. Chest X-ray - Cost $65

   X-Ray will need to be performed at the health center or by a U.S. radiologist within 6 weeks prior to August 16 with no additional departure from the U.S. The X-ray report may be turned in to the health center’s medical records department.

2. Quantiferon Gold (lab test) - Cost $70 (includes venipuncture)

   The lab test is time sensitive and will require an appointment (to schedule an appointment please call the number below.) Lab testing windows are 10:00 am - noon and 2:00 – 4:00 pm.

3. Properly documented MMR vaccination will need to be submitted to the health center (in case you do not have documented proof, each vaccine is available for $80 at the health center). Immunity may be demonstrated by one of the following:

   • Documentation (month, day, year) of two MMRs (measles, mumps, rubella vaccination), or
   • Documented history (month/year) of positive Rubella, Rubella, and Mumps serology titer. Copies of lab results must accompany this form, or
   • Physician documented history (month, day, and year) of having had measles, rubella and mumps. Office records must accompany this form.

Undergraduate students are encouraged to visit the Student Health Center and remove the medical hold before the August Orientation (Friday, August 11th) in order to register for classes during the orientation. We encourage you to visit the health center prior to the August Orientation because if you register for the August Orientation, you can move into your Residence Hall on August 10.

health.msstate.edu  (662) 325-7539  health@saffairs.msstate.edu
To specifically obtain a driver’s license, one must pass vision screening, computerized driving exam, and in-person driving exam at the local Department of Public Safety’s Driver’s License Bureau (Mississippi Highway Patrol) in Starkville in addition to the documents above. (Exempt from in-person driving exam if one has an international driver’s license)

1280 E. Lee Blvd, Starkville, MS 39759 (662) 323-5316 8:00 a.m. – 5:00 p.m. (Mon. – Fri.)

Student ID Card/Driver’s License/Identification Card

MSU Student ID Card
All students can get their MSU student IDs before registering for classes by providing their Net ID at 108 Allen Hall. The ID gives access to residence halls and dining facilities, monitors class attendance, and is required for various identification purposes.

Driver’s License / Identification Card for the State of Mississippi
These cards can be used for most identification purposes in the U.S. You will need documents listed below in order to get an identification card from the state of Mississippi.

- Birth certificate (Original)
  If not in English, bring certified translation.
- Valid Passport
- Visa
- I-20 or DS-2019
- International Institute
  I-94 record printed
  https://i94.cbp.dhs.gov
- Two Proofs of Domicile
  Electricity bill, phone bill, letter from campus housing, etc.
- Fee
  $18 - $24

Immigration Orientation Hold
All incoming F-1 and J-1 students and scholars are required to register for and complete the online immigration session through their MyCourses account. Students should log in to their MyState account and search for Immigration Orientation under the Self-Enrollment option. Scholars should have their department request access to MyCourses by submitting a helpdesk ticket with ITS.

Students will need to physically check-in to 116 Allen Hall upon arrival. At that check-in the student should bring the following documents:

- Valid Passport
- F-1 or J-1 visa stamp
- MSU issued I-20 or DS-2019

After a student has successfully completed the online orientation and physically checked in to the International Services Office, the registration hold will be removed so that the student can register for classes.

international.msstate.edu/about/index.php (662) 325-8929

Additional Holds
Every so often, students will have additional holds from Admissions & Scholarships or the Office of the Graduate School. These holds are usually due to missing final transcripts, diplomas, language requirements, or other forms of documentation. It is advisable to go view holds from your MyState account and communicate with the departments on the procedures to lift them in order to register for classes on time.

1817
Student Health and Safety

It is very important for you to know services on campus below to take care of your physical and mental health as well as protect yourself from critical and emergency situations. When you need help, do not hesitate to reach out for help from others. Your health and safety come first and are the basis of your successful academic, professional, and social life.

Longest Student Health Center

The Longest Student Health Center provides an array of medical services including treatment of minor illnesses and injuries, physical exams, immunizations, allergy and travel clinic, physical therapies, referral services to specialists, and other prescription medications. There is no charge for primary-care physician services, which is covered through tuition and fees. Fees that are transferred to a student’s account include laboratory work, X-rays, physical therapy and pharmacy services.

- (662) 325-2431 (Main)
- (662) 325-7539 (Appointments)
- (662) 325-7542 (X-ray)
- (662) 325-0706 (Immunization Coordinator)
- (662) 325-8999 (Insurance)
- (662) 325-8205 (Pharmacy)
- (662) 325-7543 (Physical Therapy)
- (662) 325-5895 (Administrator)
- (662) 325-2383 (Business Office)
- (662) 325-7545 (Health Education)
- (662) 325-7545 (Laboratory)
- (662) 325-7545 (Nutrition)

1-800-882-6274 (After Hours NurseLink)

360 Hardy Road
health@saffairs.msstate.edu
health.msstate.edu/healthcenter/

8:00 a.m. – 5:00 p.m. (Mon. - Wed. & Fri.)
9:00 a.m. – 5:00 p.m. (Thurs.)

Health Insurance

International students are required to carry proof of health insurance at all times during their enrollment at Mississippi State University. They are automatically charged for a health insurance plan upon their enrollment. If students have alternative health insurance, the insurance must be approved by Longest Student Health Center. Notify Patti Swindol at the Longest Student Health Center within 30 days upon enrollment.

- (662) 325-7637
- pswindol@saffairs.msstate.edu
- health.msstate.edu/healthcenter/insurance_student.php

Student Counseling Services

Student Counseling Services have staff including social workers, counselors, and psychologists. The office offers free and various services for students including brief psychotherapy, group counseling, couples counseling, preventative psycho-educational programming, consultation, 24-hour crisis intervention, and referrals. The office and the International Student Advisory Board (ISAB) organize an International Student Support Group in which students can talk about anything and release stress.

115C Harthorn Hall
health.msstate.edu/scs/

8:00 a.m. – 5:00 p.m. (Mon. – Fri.)
(662) 325-2091 (after-hours emergency assistance)

Dean of Students’ Office

The Dean of Students’ Office serves as an information center for referrals and questions regarding university life. Staff members are advocates for the needs of students and parents and strive to promote a positive and healthy learning environment in which students may achieve their full academic and personal potentials. Overall, the office helps students through situations, rather than helping them out of situations.

- 1st Floor, YMCA Building, 195 Lee Blvd
- students.msstate.edu
- (662) 325-3611
- 8:00 a.m. – 5:00 p.m. (Mon. – Fri.)

University Police Department

The MSU Police Department is a full-service agency that is available 24 hours a day, throughout the year. The department works towards building partnerships with the university community to provide a safer environment with such programs and services as bike patrol, residence hall adopt-a-cop, operation identification, community police officers, and library patrol.

- Williams Building, 25 Walker Rd.
- police.msstate.edu/
- (662) 325-2121
- 24/7 service

911 (emergency telephone number in the U.S.) This will reach to the Starkville Police Department.

Office of Integrity and Compliance

Mississippi State University is committed to ethical conduct and compliance with all applicable laws, regulations and policies. The Office of Compliance and Integrity works to ensure the university’s compliance in a wide range of areas. The office helps design, implement, coordinate and maintain compliance and oversight strategies for units across the university. The office strives to be an accessible one-stop resource on compliance and ethics issues for all members of the university community, including faculty, staff, and students. The office helps you understand issues and find solutions.

- S6 Morgan Avenue
- oci.msstate.edu
- (662) 325-5839
- 8:00 a.m. – 5:00 p.m. (Mon. – Fri.)

Tornado

Tornado Watch: conditions are favorable for tornadoes to develop.
Tornado Warning: a tornado has been sighted or indicated by radar.

When you hear a siren, it is imperative to seek shelter in the nearest building. Do not go to your vehicle during a tornado siren. Vehicles do not provide adequate shelter, and roadways need to be kept clear for use by police and emergency responders. Instead, seek shelter on the bottom floor of a building. If possible, choose a basement or interior hallway. Clear all classrooms and residential rooms. Secure all laboratories to include shutting off gas burners and equipment that could cause additional health and safety concerns. When a tornado approaches, you should assume a kneeling position facing the wall and cover your head with your arms. Keep away from doors and windows. The MSU Crisis Action Team will monitor the situation and give the all clear as soon as conditions are safe. Do not leave the shelter until the “all clear” has been given. For other severe weather conditions, monitor the notification methods mentioned above.
Maroon Alert

Maroon Alert is a comprehensive array of communication channels to announce that emergency conditions are developing. One or all of these channels including campus e-mail, media, loudspeaker notifications, and text messages may be used when any situation occurs. To know the Maroon Alert channels, visit the website below. In an emergency situation, a blue banner at the top usually provides advisory information; a yellow banner, that a more serious condition or a declared campus emergency is taking place. Other information may be found on the page’s announcements section. During an active emergency, information also is updated on the MSU emergency webpage. Students are encouraged to use the Maroon Alert Text Messages channel, which is used only for situations of imminent risk requiring action. Due to the large volume of users, delivery may take as long as 15 minutes. To receive cell-phone Maroon Alert text messages, a student must provide a phone number to the myState system in the following manner:

1. Log in to myState, my.msstate.edu
2. Click on the “Banner” tab
3. Under “Person Information,” click on “Update Your Directory and Address Information”
4. Enter a cell phone number in the “Maroon Alert” cell phone number field
5. Click on “Update/Verify Directory Information” to save this information

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5. Click on “Update/Verify Directory Information” to save this information

Dining Services

Dining locations at Mississippi State University, with hours ranging from 7:00 am to midnight, provide students with a wide variety of options all across campus. All-you-care-to-eat Residential Dining Halls’ recipes focus on “right-size” portions, and our vegan and vegetarian dining, allergen-solution options, and low calorie menus are sure to meet any dietary needs.

85 Old Main msstatedining.campusdish.com (662) 325-7120 9:00 a.m. – 4:00 p.m.

Meal Plans

Meal Plans offer flexibility to eat when and where students want. MSU Dining Services understands and accommodates the varying needs of students on campus. When you have a Meal Plan, the student ID works as a debit card. Just swipe and eat.

Meal Plan options for first-time freshmen living on campus:

- Ultimate Meal Plan – unlimited Block Meals & $150 Flex Dollars: $2,019/semester
- Gold Meal Plan – 225 Block Meals & $200 Flex Dollars: $1,875/semester
- Silver Meal Plan – 175 Block Meals & $250 Flex Dollars: $1,875/semester
- Bronze Meal Plan – 100 Block Meals & $515 Flex Dollars: $1,633/semester
- Greek Meal Plan – 60 Block Meals & $550 Flex Dollars: $1,444/semester
- Campus Connector Meal Plan – 70 Block Meals & $150 Flex Dollars: $793/semester
- Meal Kit Meal Plan – 30 Block Meals & $180 Flex Dollars & $120 Home Chef Kits: $525/semester
- Flex Plan – $350 Flex Dollars: $350/semester

Freshmen are automatically enrolled in the Ultimate Meal Plan. In addition to the top 3 Meal Plans, freshmen who pledge a Greek organization have the additional option of choosing the Bronze or Greek Meal Plan. Meal Plans are a two semester commitment.

Block Meals

Block Meals refer to all-you-care-to-eat meals at 3 Residential Dining Halls: the Fresh Food Company, Marketplace at Perry, and Real Food on Campus (RFoC) at Temptation. 1 Block Meal = 1 Register Swipe, Block Meals expire at the end of each semester.

Flex Dollars

Flex Dollars can be used at all MSU Dining locations including student concession stands at Davis-Wade Stadium, Humphrey Coliseum, Dudy-Noble Field, and Nusz Park. Flex Dollars roll over from Fall to Spring and will expire at the end of Spring semester. You can add Flex Dollars at any time by visiting the MSU Dining Office or at their website.

Meal Equivalency

Block Meals that are normally used at 3 Residential Dining Halls can be used at certain MSU Dining Retail locations twice per day, once between 4:00 – 9:00 pm and again between 9:00 - midnight. Having Meal Equivalency as an option essentially adds more Flex Dollars and variety to your Meal Plan. Remember 1 Block Meal = $6 Retail Value. A Block Meal may be used at McArthur and Pegasus Dining for lunch, and you will still be able to use Meal Equivalency once between 4:00 - 9:00 pm and again between 9:00 - midnight if you choose. Please check where you can use Meal Equivalency at MSU Dining’s website.

Block Meal Exchange

A Block Meal may be exchanged at any of the P.O.D. Markets and the Village on campus for a build your own grab-n-go meal during the time period of 4:00 – 9:00 pm and again from 9:00 pm to midnight. You can choose each one from 1). A market fresh sandwich or salad, 2). A piece of whole fruit or bag of chips, and 3). 22oz Fountain Beverage or bottled water.

Residential Dining Halls

Fresh Food Company

Located right on Bully Boulevard, the Fresh Food Company is open from 10:30 a.m. – 10:00 p.m. and has eleven different stations providing continuous all-you-care-to-eat dining with a wide range of delicious food prepared in view of customers.

Marketplace at Perry

The Marketplace at Perry, open from 7:00 am – 4:00 pm 5 days a week for all-you-care-to-eat breakfast and lunch, features nine different stations including international, traditional, comfort, grill, deli, simple solutions, salad bar, and more. It is also open for brunch and dinner on Saturdays.

Without Meal Plans at the Fresh Food Company and Marketplace at Perry:

<table>
<thead>
<tr>
<th>Meal</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>$7.89 + tax</td>
</tr>
<tr>
<td>Lunch</td>
<td>$11.87 + tax</td>
</tr>
<tr>
<td>Senior Citizen</td>
<td>$8.80 + tax</td>
</tr>
<tr>
<td>Kids under 12 years old</td>
<td>$6.25 + tax</td>
</tr>
</tbody>
</table>
**Shopping**

Here is information on some shopping options in Starkville for your daily necessities.

### Wal-Mart Supercenter
- Groceries, Deli, Snacks & Candies, Beverages, Stationery, Furniture, Home Décor, Appliances, Clothing, Shoes, Pharmacy, Bath & Body, Glasses, Cosmetics, Sports & Fitness, Outdoors, Auto & Tires, Electronics, Photo Services, Sewing, Crafts & Party Supplies, Books, Movies, Music, Baby & Toddler, Toys, Video Games, Pets, etc.
  - Lunch – $11.87 + tax
  - Dinner – $16.11 + tax
- 39 Hwy 12 1010 Hwy 12 West
  - [Tel](662) 324-3962
  - Open 24 hours
- Kroger
  - Groceries, Deli, Stationery, Kitchen Appliances, Pharmacy, Bath & Body, Cosmetics, Baby & Toddler, Pets, etc.
  - 40 Starkville Crossings 826 Hwy 12 West
  - [Tel](662) 324-8032
  - 6:00–12:00 a.m.

### Asian Market
- Groceries, Snacks & Candies, and Beverages from some countries in Asia.
  - 210 Hwy 12 West [Tel](662) 323-6989
  - 10:00 a.m.–9:00 p.m. (Closed Thursday)

### Vowell’s Marketplace
- Groceries, Deli, Stationery, Kitchen Appliances, Pharmacy, Bath & Body, Cosmetics, Baby & Toddler, Pets, etc.
  - Hwy East 118 Hwy 12 West
  - [Tel](662) 324-1300
  - 6:00–12:00 a.m.

### Maroon & Co
- Apparel, Accessories, Cosmetics, Household Goods, etc.
  - 210 Hwy 12 West
  - [Tel](662) 323-1721
  - 10:00 a.m.–9:00 p.m. (Monday – Saturday)

### Tienda Hispana La Villeta
- Groceries, Snacks & Candies, and Beverages from some countries in Latin America.
  - 210 Hwy 12 West [Tel](662) 320-8460
  - 8:00 a.m.–9:00 p.m. (Closed Thursday)

### Convenience Store
- Whether you need a snack on the go or items for your residence hall, convenience stores on campus have you covered. Use your Flex Dollars for items such as boxes of cereal, gallons of milk, fresh fruits, frozen meals, chargers, batteries, medicine, toiletty items, and more.
- [msstatedining.campusdish.com/](http://msstatedining.campusdish.com/)

### Dietetic Restrictions

#### Simple Solutions
- Simple Solutions is a station in our residential dining halls where our dining team prepares special selections from ingredients without most common food allergens. You can find delicious dishes made without 7 of the top 8 most common food allergens – egg, milk, peanut, tree nuts, shellfish, soy and wheat.

#### Flavors Cuisine of India
- This Indian restaurant in Starkville often offers dishes with halal chicken, beef, and lamb and many vegetarian and vegan options. The availability of halal dishes changes daily so please contact them in advance.
  - 108 Dr. Martin Luther King Jr. Dr West, Starkville, MS 39759
  - [Tel](662) 617-8226
  - [Flavorscuisinestarkville.com](http://Flavorscuisinestarkville.com)

#### Halal Foods
- Although the dining locations on campus do not offer halal foods, there are a few places in Starkville where you can purchase halal products or eat halal dishes.
- Islamic Center of Mississippi
  - Halal meat are available to purchase every Friday.
  - 204 Herbert St, Starkville, MS 39759
  - [Tel](662) 323-6559
  - [icm-starkville.org](http://icm-starkville.org)

#### Completely Vegan
- The Vegan Station at The Marketplace at Perry provides a varying Vegan cuisine for students and our campus community to choose from.

### Camping Mart
- Textbooks, Books, Stationery, and MSU items.
  - 318 Lee Blvd., Walking distance from campus [Tel](662) 323-7600
  - 7:30 a.m.–6:00 p.m. (Monday–Friday)
  - 9:30 a.m.–5:00 p.m. (Saturday)
  - 1:00 p.m.–5:00 p.m. (Sunday)

### The Lodge
- MSU items
  - 408 Hwy 12 [Tel](662) 324-1597
  - 10:00 a.m.–7:00 p.m. (Monday - Friday)
  - 9:30 a.m.–6:00 p.m. (Saturday)
  - 1:00 p.m.–5:00 p.m. (Sunday)

### Maroon & Co
- MSU items
  - 87 Cottonmill Drive #4 [Tel](662) 268-8291
  - 10:00 a.m.–6:00 p.m. (Monday–Saturday)
  - 1:00–5:00 p.m. (Sunday)

### JC Penny
- Furniture, Home Decor, Appliances, Brand Clothing, Shoes, Cosmetics, Sports & Fitness, etc.
  - 40 Starkville Crossing [Tel](662) 323-446
  - 10:00 a.m.–8:00 p.m. (Monday - Saturday)
  - 12:00–5:30 p.m. (Sunday)

### Godby’s
- Apparel, Accessories, Cosmetics, Household Goods, etc.
  - 40 Starkville Crossing [Tel](662) 323-1721
  - 10:00 a.m.–9:00 p.m. (Monday - Saturday)
  - 12:00–6:00 p.m. (Sunday)

### Lowes
- Furniture, Appliances, Gardening Supplies, Tools, etc.
  - 882 Hwy 12 West [Tel](662) 320-7746
  - 6:00 a.m.–9:00 p.m. (Monday–Saturday)
  - 8:00 a.m.–7:00 p.m. (Sunday)
Banking

In the U.S., check writing, Automated Teller Machine (ATM), debit or credit cards, and online banking are common ways to make purchases and pay bills. When you have money transferred or wired from your country, be prepared that it might take a few days or weeks before you can access the money. Make sure to communicate with the banking service that you use about waiting time and cost.

Checking and Savings Accounts

Students are encouraged to open a checking account to manage their own money and pay bills including rent and utilities. Most checking accounts come with an ATM / Debit card so that you can withdraw money from your account and use it for purchases. Checks are also commonly used at retail shops for housing although you will need to show some form of photo I.D. such as a passport or driver’s license. If you have a job on campus, you can request your salary to be directly deposited to your checking account. Note that debit cards usually have credit card logos (Visa and MasterCard) and can function like a credit card for purchases. However, the payment is drawn from your checking account directly. Some banks have a checking and savings account service for students, so ask local banks what option is the best for you when you visit there.

Credit Cards

If you have no credit history in the U.S., it may be difficult to obtain a credit card. You can establish a credit history by obtaining a “Secure Credit Card” which will require you to deposit money for its usage. Within a few months of using the Secure Credit Card, you may be eligible for other credit cards. However you may need a Social Security Number to be eligible to apply.

Documents to Open a Bank Account

These are the documents that banks usually need to open a bank account for international students. However, required documents vary at each bank. Contact the bank where you want to open your account and make sure which documents you need to bring.

**Passport**

**Visa**

**I-20**

**Social Security Number**

Some banks do not require

**Cost & Minimum Deposit**

These vary at local banks

**Proof of U.S. Residency Address**

Housing contract, housing bill, electricity bill, phone bill, etc.

Local Banks in Starkville

**BancorpSouth**

- 400 University Drive  
  (662) 323-9393  
  8:30 a.m.–5:00 p.m. (Mon - Fri)  
  bancorpsouth.com

**BancorpSouth Starkville Crossing Branch**

- 802 Hwy 12 W  
  (662) 324-5500  
  8:30 a.m.–5:00 p.m. (Mon - Thu)  
  8:30 a.m.–5:30 p.m. (Fri)  
  9:00 a.m.–12:00 p.m. (Sat)

**Bankfirst Financial Services**

- 101 Russell Street & 1000 Hwy 12  
  (662) 323-9599  
  9:00 a.m.–4:00 p.m. (Monday-Thursday)  
  9:00 a.m.–5:30 p.m. (Friday)

**Bank of Commerce**

- 315 University Drive  
  (662) 324-0001  
  bankcom.com  
  9:00 a.m.–4:00 p.m. (Monday-Thursday)  
  9:00 a.m.–5:00 p.m. (Friday)

**Cadence Bank**

- 301 East Main Street  
  (662) 323-1341  
  cadencebank.com  
  9:00 a.m.–4:00 p.m. (Monday-Thursday)  
  9:00 a.m.–5:00 p.m. (Friday)

**CB&S Bank**

- 303 Hwy 12 West  
  (662) 324-4864  
  8:30 a.m.–5:00 p.m. (Monday-Friday)

**Citizens Bank of Philadelphia**

- 201 Hwy 12 West  
  (662) 323-1420  
  thecitizensbankphila.com  
  8:30 a.m.–5:00 p.m. (Monday-Friday)

**Regions Bank**

- 300 University Drive  
  (662) 323-5661  
  regions.com  
  9:00 a.m.–4:30 p.m. (Monday-Thursday)  
  9:00 a.m.–5:00 p.m. (Friday)

**Renasant Bank**

- 500 East Lampkin Street  
  (662) 323-3950  
  renasantbank.com  
  8:00 a.m.–4:30 p.m. (Monday-Thursday)  
  9:00 a.m.–5:00 p.m. (Friday)

**Statewide Federal Credit Union**

- 3333 Highway 12 West  
  (662) 323-5020  
  8:15 a.m.–4:45 p.m. (Monday-Friday)

**Triangle Federal Credit Union**

- 12036 MS-182  
  (662) 338-9131  
  8:30 a.m.–4:00 p.m. (Monday-Thursday)  
  8:30 a.m.–5:00 p.m. (Friday)

**Trustmark**

- 128 Hwy 12 West  
  (662) 324-4888  
  9:00 a.m.–4:30 p.m. (Monday-Thursday)  
  9:00 a.m.–5:30 p.m. (Friday)
Cell Phones

In the U.S., there are two main types of cell phone services: monthly plans and prepaid plans. Since each cell phone provider has different plans, you should do research on options provided by different providers before making a decision.

Two-year Contract Plans

These plans offer monthly rates and low prices on new phones compared to prepaid plans. While the rates may be lower, canceling a contract early requires a large payment. To qualify for a contract plan, a cell phone provider will review the applicant’s credit history. Since new international students do not have a Social Security Number or credit history in the U.S., the company may require a security deposit which is about $500.

Pay-As-You-Go or Prepaid Plans

Prepaid plans are easier for new international students to obtain because they do not require a Social Security Number or a credit history review. These “pay-as-you-go” plans use the same cell phone networks and offer the same services as contract plans do, but usually at higher prices. Benefits of these plans include no long-term contracts, security deposits, or penalties for cancellation.

Sim Card for Your Cell Phone from Your Country

The International Institute on campus will provide international students with a sim card that you can insert into your cell phone from your country. These sim cards offer various prepaid plans, and you can manage your account online to monitor your usage, buy add-ons, and much more. Please visit the link below for details.

campussims.com/us/

Documents to Purchase a Cell Phone Plan

These are the documents that you need to bring to purchase a cell phone plan, especially for two-year contracts. However, required documents vary at each cell phone provider. Contact the provider where you want to purchase a cell phone plan and make sure which documents you need to bring.

Passport Visa Social Security Number or Deposit

Local Cell Phone Providers in Starkville

AT&T
902 1/2 Hwy 12 West
(888) 757-6500 att.com
9:00 a.m. - 7:00 p.m. (Mon - Sat)
11:00 a.m. - 5:00 p.m. (Sun)

CSPIRE
337 Hwy 12 West
(601) 487-1732 cspire.com
9:00 a.m. - 7:00 p.m. (Mon - Sat)

Verizon
911 MS-12 #108A
(662) 324-1113 verizonwireless.com
10:00 a.m. - 7:00 p.m. (Mon - Sat)

Cricket
823 Hwy 12 West
(662) 258-8055 cricketwireless.com
10:00 a.m. - 7:00 p.m. (Mon - Sat)
12:00 p.m. - 5:00 p.m. (Sun)

Postal Services

United States Postal Service

There is a United States Postal Service (USPS) Office on campus, which is located in the Roberts Building. You can send mail, ship packages, buy stamps, etc. There is another USPS office on Highway 12 by Kroger.

USPS at Mississippi State University

414 Lee Blvd. (601) 323-5772 usps.com/
9:00 a.m. - 4:00 p.m. (Mon - Fri.) Closed (Sat. & Sun.)

USPS Starkville

22 Taylor St. (601) 323-4752 usps.com/
8:30 a.m. - 5:30 p.m. (Mon - Fri.) Closed (Sat. & Sun.)

All students residing on campus must have a United States Postal Service box to receive mail and packages sent via the carrier. To obtain a box, a student must complete an application and turn it in to USPS staff. Two forms of identification are required to apply. Students may also apply online at usps.com using zip code 39762. Fees begin at $20, depending on the box size and two keys are provided to each box holder.

Mail and packages using the U.S. Postal Service should be addressed in the following manner:

Your name
P.O. Box
Mississippi State, MS 39762

Documents to Purchase a Cell Phone Plan

These are the documents that you need to bring to purchase a cell phone plan, especially for two-year contracts. However, required documents vary at each cell phone provider. Contact the provider where you want to purchase a cell phone plan and make sure which documents you need to bring.

Your name
P.O. Box
Mississippi State, MS 39762

The U.S. Postal Service does not include independent carriers FedEx, UPS, or DHL. Packages may be sent directly to the residence halls using FedEx, UPS or DHL. Addresses for these should be labeled in the following manner:

Your name
_____ Residence Hall
Room _____
Street Address (see following page)
Mississippi State, MS 39762*

*As with USPS boxes, all campus residence halls are at Mississippi State, MS 39762
FedEx, UPS, and DHL mailing addresses for campus residence facilities include:

- Cresswell Hall, 36 Magruder Street
- Critz Hall, 685 Barr Avenue
- Deavenport Hall, 220 Bailey Howell Drive
- Dogwood Hall, 705 George Perry Street
- Griffis Hall, 500 Bailey Howell Drive
- Hathorn Hall, 76 Magruder Street
- Herbert Hall, 170 Herbert Street
- Hull Hall, 85 Walker Road
- Hurst Hall, 95 Hurst Lane
- Magnolia Hall, 15 Morgan Avenue
- Mary Lyn and Niles R. Moseley Hall
- 55 Magruder Street
- McKee Hall, 450 Lee Boulevard
- Nunnelee Hall, 215 Hurst Lane
- Oak Hall, 205 Magruder Street
- Rice Hall, 180 Magruder Street
- Ruby Hall, 75 Hurst Lane
- Sessums Hall, 459 Lee Boulevard

Letters or magazines addressed to the residence halls will be returned to sender.

Other Postal Services in Starkville - Package drop off locations

**UPS Store**
- 834 Highway 12 West
- (601) 338-5077
- starkville-ms-3702.theupsstorelocal.com/
- 7:30 a.m. - 6:00 p.m. (Monday-Friday)
- 7:30 a.m. - 1:00 p.m. (Saturday)

**FedEx at Copy Cow**
- 500 Russell St., Ste. #1
- (662) 320-4000
- copycow.com
- 8:00 a.m. - 6:00 p.m. (Monday-Friday)
- 10:00 a.m. - 6:00 p.m. (Saturday)

**Football**

It is a good idea to replace the word football with “soccer” in your dictionary, if you already have not. The United States has a great soccer team, but the enthusiasm and excitement over American Football is one of a kind. The Fall semester is the College football season across the United States. Mississippi State University’s football team is part of the SEC and highly ranked. This Fall, MSU will host seven home football games on its campus. International students will witness students, staff, faculty, alumni, and fans across the United States getting together on campus to support and celebrate football festivities. Fans are mostly dressed in Maroon or White. The color to wear for each game is announced a few days before the game.

www.hailstate.com

**2019 Football Dates**

- August 31 @ Louisiana
- September 7 vs Southern Miss
- September 14 vs Kansas State
- September 21 vs Kentucky
- September 28 @ Auburn
- October 12 @ Tennessee
- October 19 vs LSU
- October 26 @ Texas A&M
- November 2 @ Arkansas
- November 16 vs Alabama
- November 23 vs Abilene Christian (Homecoming)
- November 28 vs Ole Miss
Holmes Cultural Diversity Center (HCDC)

The Holmes Cultural Diversity Center (HCDC) strives to enhance the college experience for all students at the university, no matter the race, culture, or creed. Over the decades, many students served by the center have come to consider it a “home away from home.” The center offers over 3,000 square feet of open space for students to study, relax, and hang out.

Through varied programs and services, HCDC staff members work to:

- Encourage, through sensitivity training and programming, the development of a climate in which all cultures, especially minority and international students, are appreciated as valued members of the campus community.
- Increase minority and international student enrollment and retention by assisting the university’s student recruitment and retention efforts.
- Encourage and assist minority and international students with their academic, career aspirations and social adjustments to life in higher education.
- Serve as liaisons between minority and international students and members of the faculty and administration.
- Promote the positive image that all cultures contribute to university life.
- Make the campus experience a productive and successful endeavor for all students.

HCDC Student Organizations and Programs:

- Black Student Association (BSA)
- Black Voices
- HCDC Visionary
- I.D.E.A.L. Woman Program
- International Student Advisory Board (ISAB)
- Latino Student Association (LSA)
- F.L.A.R.E. – Fostering LGBTQ+ Advocacy, Resources & Environments
- Linking International Students in the Community (LINC)
- Men of Excellence (MOX)
- National Association for the Advancement of Colored People (NAACP)
- Peers Assisting With Students (PAWS)
- Safe Zone Advisory Board

International Student Advisory Board (ISAB)

ISAB is a group of students that hail from every corner of the world. ISAB has two main purposes. One is to assist international students in gaining a fulfilling student experience at the university, as well as connecting with U.S. culture which is just as unique and different as their own. The other purpose is to provide different departments and organizations on campus with valuable advice and knowledge on the needs, desires, and wants of international students. The goal is to bring the international student community together as a whole to promote an inclusive environment for not only international students but the entire Bulldog family. ISAB is open to international and U.S. students.

- isabmsu@gmail.com
- isab-msstate.org
- facebook.com/isabmsu
- @isab_msu

Latino Student Association (LSA)

LSA’s purpose is to build a community of new and current students where Latino and Hispanic cultures can be shared not only within our organization but also throughout the university. LSA hosts campus-wide events such as Noche Latina which allows people to experience the unique food, music, and dance of different Latino and Hispanic countries. LSA also participates in diversity dialogues, community service projects, socials, and more.

- facebook.com/msulatinostudentassociation
- @lsa_msu
- lsamsstate.com

Linking International Students in the Community (LINC)

The LINC program pairs an international student with a local host family or student mentor that will help the student explore U.S. culture, the university, and the Starkville areas and get involved with communities on campus and in Starkville. HCDC plans events to unite international students, host families, and student mentors. In addition to the events, participants are encouraged to meet occasionally to reinforce multicultural awareness and cultural sharing. Applications are open until August 23 at the link below.

- kmamiya@saffairs.msstate.edu
- linc.msstate.edu

Holmes Cultural Diversity Center (HCDC)

- 198 Lee Boulevard, Suite 220, Colvard Student Union
- (662) 325-2033
- hcdc.msstate.edu
Center for Student Activities

Student Organizations
Mississippi State University boasts over 300 student organizations, allowing multiple ways for students to get involved, meet other people, and make the most of their college experience. You can view student organizations on OrgSync, the student organization database which allows you to create a profile, search organizations, and get involved. Center for Student Activities staff are also available to individually meet with students and directly connect them to interested groups. Students are encouraged to stop by and visit the office in Suite 314 of the Colvard Student Union or give them a call to see what is available to make their time at MSU worthwhile.

Student Association
The MSU Student Association (SA) is a student-run organization that acts as the governing body for the students. The SA Executive Council and Cabinet members are responsible for bringing fun, imaginative, diverse, educational, and entertaining events and programs to the university. From casual to cultural, serious to witty, committees capture the diversity of the campus and produce a wide variety of events for the campus and surrounding community. The most popular annual events include Bulldog Bash, Costume Carnival, the True Maroon campaign, Cowbell Cabs, Finish in 4, and Block 4 Blocks. In addition, some Cabinet positions oversee all matters regarding academic policies and other areas of student concerns. The vice president presides over a Senate, which is elected by the entire student body and is composed of over 30 student representatives.

Lyceum Series
Mississippi State University continues to be committed to the arts, and one great way to expose students, faculty, staff and the community to the art of performance is the Lyceum Series. The annual Lyceum Series showcases talents of national artists in a variety of performance areas, ranging from music to drama to dance. In recent years, artists have included B.B. King, The Acting Company, Merle Haggard, and The Russian National Ballet.

International Institute
The International Institute consisting four offices enriches and expands the academic and cultural experiences of faculty, staff, students, and the community through global outreach, research, academic programs, and international student services.

English Language Institute
The English Language Institute (ELI) provides high-quality, affordable English language instruction to students, faculty, and community members from around the world who study at Mississippi State University.

International Services Office (ISO)
The International Services Office assists international students and scholars on campus with immigration counseling, document issuance, and campus related services. Serving as the liaison between the university and the U.S. Department of Homeland Security, ISO ensures compliance with federal regulations regarding international student/scholar immigration documents and responsibilities, including regular immigration orientation sessions, employment and status maintenance advising, and government reporting.

Office of Study Abroad (OSA)
The Office of Study Abroad actively promotes international and intercultural understanding by providing students with opportunities to broaden their global perspectives. OSA strives to enrich the academic and cultural experiences of students through global engagement by expanding the number and range of education abroad activities at MSU.

International Research Development
The International Research Development Office facilitates and promotes international research development and outreach at MSU. The research unit serves as a source of institutional knowledge regarding international funding sources and university contacts.
University Recreation

225 Bailey Howell Drive  (662) 325-7529  urec.msstate.edu
facebook.com/msstateurec  @msstateurec  @msstateurec

Joe Frank Sanderson Center

University Recreation is housed in the Joe Frank Sanderson Center. This award-winning, 14,000 square-meter facility is one of the most popular places for students at MSU. Serving more than 2,000 patrons daily during peak times, this building on the north side of campus has two gymnasia, two fitness training areas, studios for group exercise and martial arts, racquetball courts, a swimming pool, jogging track, climbing wall, locker rooms, and meeting rooms. University Recreation offers fitness programs and services, competitive sports leagues and clubs, aquatics programming, and outdoor experiential programming. Use of the Sanderson Center is free to full-time MSU students!

Fitness Programs

MSU offers a variety of different fitness programs and services to help you feel good, perform well in the classroom, and stay in shape:

- Group Exercise Classes
- Cycling Classes
- Bootcamps
- Functional Training
- Personal Training
- Fitness Assessment
- Cardio
- Strength Training

(662) 325-0022  urec.msstate.edu/fitness

Intramural Sports

Mississippi State has one of the most active intramural programs in the state. We offer a variety of activities for men’s, women’s and co-recreational teams, plus numerous individual and dual sports. Sports include: Sand Volleyball, Tennis, Volleyball, Flag Football, Basketball, Dodgeball, Innertube Water Polo, Battleship, Table Tennis, Softball, Badminton, Spike Ball, Disc Golf, and of course, Soccer.

(662) 325-0347  urec.msstate.edu/intramurals

MSU Sport Clubs

Sport Clubs allow students to engage in a sport of their choice, develop leadership skills, learn responsibility, and encourage the development of a healthy lifestyle. Clubs are a learning experience for members through involvement in fund-raising, public relations, organization, administration, budgeting and scheduling, as well as the development of skills in their particular sport/activity. MSU currently has more than a dozen sport clubs:

- Archery
- Baseball
- Bass Fighting
- Disc Golf
- E-Sports
- Fencing
- Men’s Lacrosse
- Women’s Lacrosse
- Men’s Rugby
- Men’s Soccer
- Swimming
- Table Tennis
- Men’s Ultimate Frisbee
- Women’s Ultimate Frisbee

(662) 325-0349  urec.msstate.edu/clubs

Outdoor Adventures

Outdoor Adventures clinics are designed to teach the skills necessary for fun and safe outdoor experiences. Various topics include water rescue, backcountry cooking and rock climbing. Experiences in hiking, canoeing, sailing and spelunking are offered, with goals to keep costs as low as possible and excitement as high as possible. The office also rents cooking stoves, backpacks and tents for those who desire to plan their own adventures.

(662) 325-3633  urec.msstate.edu/outdoors

MSU Golf Course

The 18-hole, par 71, 6,927-yard PGA-sanctioned facility regularly is ranked among the nation’s best college golf courses. Amenities include a 5,000-square-foot clubhouse, complete with a fully stocked golf shop, men’s and women’s locker rooms and snack bar; an 18-hole cart path; and a driving range and putting and chipping greens. Prices are competitive and tee times may be made up to one week in advance.

1520 Highway 182 East  (662) 325-3028  golf.msstate.edu
Interactive map is available online and for mobile download.

map.msstate.edu  

myState Mobile