

2026 Fall Seminar

Monday, September 28 – Friday, October 2, 2026

at
Sofia University Costa Mesa Campus
3333 Harbor Blvd, Costa Mesa, CA 92626

FREQUENTLY ASKED QUESTIONS (FAQ)

(Note: some items are subject to change)

ARRIVAL/DEPARTURE

ATTENDANCE POLICY: Seminars are an integral part of the Global Online Program's Curricula and therefore full attendance is required for successful completion of the course credit(s). **Students must register both through the link provided and in the portal.**

Q. What are the dates and schedule for the Fall Seminar?

A. Begins: Monday, September 28th, 2026 Ends: Friday, October 2nd, 2026

Daily Meeting Times: Daily start time is 8:30am. Schedule will be sent as separate email.

NOTE: Be sure to schedule time with your faculty advisor while at the seminar.

Q. What's the latest I can arrive on opening day?

A. Opening circle begins at 8:30am Monday, September 28, 2026. Please plan your arrival accordingly.

Q. What is the venue and where is it located?

A. Sofia University Costa Mesa Campus- 3333 Harbor Blvd, Costa Mesa, California 92626.

The campus is in Orange County, southern California, 15 minutes from the John Wayne/Santa Ana (SNA) airport.

TRAVEL

Q. Which airport should I fly in to?

A. The John Wayne/Santa Ana airport is the closest (11 miles) to Sofia University's Costa Mesa campus.

<https://www.ocair.com/> Distances to Sofia University Costa Mesa Campus from John Wayne Airport (SNA)
17 min (5.9 mi) via CA-73N 17 min (6.0 mi) via 1-405 N 19 min (7.5 mi) via State Rte 55 S

Other airport options: Long Beach: <https://www.longbeach.gov/lgb/> Los Angeles: <https://www.flylax.com/>

Q. Are there shuttle vans/limos/private cars that can take me to/from the airport to the campus/hotel?

A. Besides rideshare & taxi options, several shuttle services can take you from the airport to Sofia Costa Mesa campus. Contact the transportation company directly for reservations and note that some shuttles require at least a 24hr advance reservation. John Wayne (SNA) options can be found through this link:

<https://www.ocair.com/travelers/parking-transport/transportation/>

SuperShuttle Express: <https://www.supershuttle.com/locations/orangecounty-sna/> Toll free: 1-800-258-3826.

Q. Is there rideshare in the area?

A. There are several services that offer ridesharing that can be found on the internet: Uber, Lyft, Wingz, etc.

Q. Should I rent a car?

A. It's your choice to rent a car, however, rates can run the full spectrum. Note that many hotels charge a daily parking fee. On campus parking is free. The recommended hotel [Crowne Plaza](#) is offering complimentary parking with each room.

Q. Does the Costa Mesa campus have ample parking?

A. Yes, and it is free to park on Campus. Upon arrival you may park in the designated parking lot area on the left side of the building. For directions, [click here](#). Make sure you turn into Law Court, see [photo here](#)
Do Not Park at the front main entrance.

Q. Is there rideshare in the area?

A. There are several services that offer ridesharing that can be found on the internet: Uber, Lyft, etc.

Q: How far is the [Crowne Plaza](#) hotel from campus?

A: Hotel to Campus: 3.1 miles (8-minute drive)
Airport to Hotel: 3 miles (5-10 minutes, without traffic)

SEMINAR RESERVATIONS & FEES

Important: *It will be the students' responsibility to find their own housing, arrange their own daily transportation to and from the venue, and pay the seminar fee.*

Q. How do I sign up for the Seminar?

A. Students need to sign up by submitting a [Seminar Sign up Form](#) and in the portal like their other classes.

***Note:** *You'll need to register for the Seminar course in Canvas. This sign-up is different from registering for the course*

Q. I am a returning student. Do I need to complete the sign-up form?

A. YES, ALL STUDENTS MUST COMPLETE AND SUBMIT A [SEMINAR SIGN UP FORM](#).

This is the way Sofia University will acknowledge your seminar attendance. By filling out your form you will:

- If applicable, authorize Sofia University to use financial aid excess as payment of your seminar fees \$475 (if you have a Grad Plus Loan). A credit card will still need to be on file. *Note: no lunch option will be provided.*
- Provide Sofia with needed information such as emergency contact, photo release, etc.

Q. Is there a deadline to sign up for the Seminar?

A. YES, the deadline to sign up is September 18, 2026, 11:59pm PST.

Exception: *It will not apply to students currently in the Admissions process.*

Q. What is the tuition fee for the seminar course?

A. Enrolled students pay tuition fee for the seminar units (included in the quarterly tuition payment). You must register for the class in the student portal. You will be charged an additional Seminar fee of \$475 (no meals). This can be paid by Credit Card or Financial Aid (if applicable and if you have excess funds). Contact student.accounts@sofia.edu for more information on making payments. [Tuition and Fees | Sofia University](#)

Q. How may I pay for my Seminar fee?

A. Payments may be made by credit card and through the Sofia University student portal or from your Financial Aid. Contact Student.Accounts@sofia.edu for more information on making payments.

***Note that:** *Financial Aid must be secured and in place at least 2 weeks before you can authorize use of excess financial aid funds to pay your seminar fees. To do so:*

- Secure both a Stafford and have a Grad Plus Loan
- Confirm award with Financial Aid Office to ensure funds are available
- Authorize by signing in appropriate section of Seminar Sign-up Form.
- You must register for a course in addition to the Seminar course
- Contact Financial.Aid@sofia.edu if you have any further questions

Q. If I am commuting to the seminar and bringing my own food, am I required to pay a seminar fee?

A. Yes, the Sofia student seminar fee is \$475 without lunch.

Q. Can I get a refund if I'm unable to keep my commitment?

A. You can get a Seminar refund if notice is received at least 2 weeks prior to the beginning of seminar. Seminar fees will NOT be refunded once the seminar has started.

SEMINAR VENUE/HOUSING/MEALS

Q. What is the venue and where is it located?

A. Sofia University Costa Mesa Campus- 3333 Harbor Blvd, Costa Mesa, California 92626. The campus is in Orange County, in southern California, 15 minutes from the John Wayne/Santa Ana airport.

Q. Is there a hotel where Sofia has a room block of discounted rates?

A. The University has made arrangements for a block of discounted rooms (\$164 +tax) at a nearby hotel, [the Crowne Plaza, Crowne Plaza Costa Mesa Orange County](#) is located at 3131 Bristol Street, Costa Mesa, CA (10 minutes from Campus. Breakfast (2 breakfasts included with a 2 Queen bedroom), daily parking for each car and 20% discount at the hotel restaurant is included.

*Limited number of discounted rooms are available **through Friday, September 4th** on a first come first served basis. For the discounted rate, make sure to click on the link: [Crowne Plaza - Sofia](#).*

***Note: You will be responsible for all room charges. A method of payment is required upon booking to secure the room. At check in, the final Method of payment will be collected to cover the room, tax and a Security Deposit of \$100 on a credit card.**

Q. What accommodation options are available in the area?

A. Online sites for motel/hotel reservations generally have the best deals. There are many hotel & Airbnb options in the Costa Mesa campus area.

- www.airbnb.com
- www.Priceline.com
- www.Expedia.com
- www.Orbitz.com
- www.Kayak.com
- www.Hotels.com

*Sofia has a block of discounted rooms (\$164 +tax) at [the Crowne Plaza](#), which includes 1 daily breakfast (2 breakfasts with a 2 Queen bedroom), daily parking for each car, and 20% discount at the hotel restaurant. For the discounted rate, click on the link: [Crowne Plaza - Sofia](#)

****Another option: Sonesta Irvine John Wayne Airport. [17941 Von Karman Avenue, Irvine, CA 92614](#) (6 miles & 11 minutes from the campus and 2.3 miles & 9 minutes from the airport)**

Rate Name –Sofia University Rate Code – 2SOFIAUN Booking Link –[2SOFIAUN](#)

Q. Does Sofia offer any logistics or accommodations support for people coming from out of town?

A. There is no on-campus or free housing. The University has arranged for a block of discounted rooms (\$164/night +tax) at nearby hotel, [the Crowne Plaza](#), (You must book via [Crowne Plaza - Sofia](#) for discount). Please see below for the Attendee booking link. [Crowne Plaza - Sofia](#)

***Sofia University is unable to assist with arranging roommates.** Room sharing is at your discretion and arrangement.

Q. May I request my roommate?

A. You will need to make your own roommate arrangements with your cohort members. Room sharing is at your discretion and arrangement. **Sofia University is unable to assist with arranging roommates.**

Q. When and how can I make my room and board reservations?

A. You will need to make room reservations on your own. We recommend you reserve as soon as possible to secure a room with the best rate. Suggested hotel: [the Crowne Plaza](#)
Discounted rooms (\$164 +tax) must be reserved using this link, [Click here](#), available on a first come first served basis through Wednesday, September 4th

*You may also check out room & rates for vacation rental companies such as [Airbnb](#) or Sonesta [2SOFLAUN](#)

Q. Are there any meals included with the seminar? If so which ones?

A. Lunch will NOT be provided for students on campus. The exception will be a **Welcome Lunch on the first day of the Seminar, Monday, September 28th**. All other meals will be on your own. Limited snacks, coffee, & tea will be available on campus daily.

Q. What lunch options are available near the campus?

A. There will be a 1 ½ hour lunch daily (**most days 11:30am-1:00pm** see Seminar Schedule). On campus, we have multiple refrigerators and microwaves available to store and heat up your meals. In addition, there are many nearby restaurants and stores ([grocery](#)).

Q. What type of facilities will we have access to on campus?

A. Sofia's Costa Mesa campus is a beautiful 14-acre property with lots of outdoor green space for outdoor activities, breaks, and gatherings. There is a large cafeteria space with a few fridges, microwaves, and hot water dispensers. There is a student lounge with seating, a pool table, and ping pongs. We also have a Family Room with cozy chairs, a mini-fridge, and plenty of outlets. There are no showers or workout facilities on campus.

Q. Is Costa Mesa campus fully accessible to the blind and disabled?

A. No, though this is a one-story campus with large halls, easy access to the outdoors, and many academic spaces accessible, the entire campus is not fully ADA accessible. There are wheelchair accessible bathroom stalls in every restroom, there are push buttons on three of the exterior doors, ramps, and designated handicapped parking.

*Note: If you have any specific accessibility needs, contact the Dean of Students rosalie.cook@sofia.edu.

SEMINAR PAPER

Q. Am I required to submit a seminar paper?

A. Yes, all students are required to submit a seminar paper. Ph.D. and Master level assignments typically differ in content. The only exception is non-credit Seminar Only participants. Seminar paper instructions can be found on the seminar schedule, in the Canvas course, and will also be given to students at the seminar. Usually, students have one week from the end of the Seminar to submit their assignment in Canvas. This assignment asks students to integrate the Seminar theme with the teachings and reflect on new emotional understandings or appreciations and their general experience.

Q. Will Seminar presentations and accompanying written materials be available following the seminar?

A. Most sessions will be recorded and available to access on the seminar's Canvas course. Some presenters may provide handouts at their session.

INTERNATIONAL STUDENTS

Students residing abroad who are not U.S. citizens/ U.S. Permanent Residents are required to obtain an I-20 from Sofia University and apply for the F-1 visa to attend the Seminar

DOCUMENTS TO BRING WHEN ENTERING THE U.S.: Valid passport B-2 Tourist Visa [click here](#).

Q. I am coming from overseas and have questions about entering the country, who should I contact?

A. If you are traveling to the U.S. from abroad and have questions, contact the DSO at dso@sofia.edu

Q. Do I need a visa to enter the U.S.?

A. That will depend upon the country you are traveling from. Contact the nearest U.S. embassy or visit <http://travel.state.gov/> to obtain information about B-2 tourist visas required for entry into the U.S.

OTHER INFORMATION

Q. Is there internet access on campus? Will I be able to use my cell phone and laptop?

A. Costa Mesa campus has internet access throughout the facility. Wi-Fi information and the password will be provided upon arrival and will be posted across the campus.

Q. What are the average temperatures?

A. The average temperatures in the city of Costa Mesa during the scheduled Fall seminar: highs 90s and lows in the 60s F. For more information about Costa Mesa weather see weather.com

Q. What is the appropriate dress for the seminar?

A. Appropriate dress is casual and comfortable layered for local temperatures (see above) both day and evening. Make sure to bring relaxing clothes for experiential movement exercises.

Q. What items should I be sure to pack for the week?

A. Recommended items to bring:

- Casual & comfortable attire (layering is recommended)
- Sweater or jacket for early mornings/late evenings
- Comfortable Walking shoes
- Face masks and hand sanitizers
- Cup for hot & cold beverages
- Prescription medicines/Cold medications/pain relievers, etc.
- Journal/notebook and pen, drawing pencils, etc.
- Water bottle and/or coffee/tea travel mug
- Travel blanket or shawl

Q. Where can I find out information about the next seminar?

A. Information will be posted to the Sofia University website. Future dates can be found in the [Academic Calendar](#). A Save-the-Date email will be sent out approximately 3 months in advance.

Q. Can I bring my pet or emotional support animal on campus?

A. No. Pets and emotional support animals are not permitted on campus. ONLY [trained Service Dogs](#) are allowed on Campus. Students who use a service dog must request accommodation through Student Services and register their service dog *before attending* in-person sessions. To request an accommodation, contact rosalie.cook@sofia.edu for an appointment.

For more information, see the [Service Dog Policy](#)

Q. What procedures are in place for emergencies?

A. Emergency procedures will be posted around campus. In case of earthquakes, fire, etc., please follow the instructions given.

Q. What procedures are in place for Covid?

A. Sofia University will follow the CDC Covid19 guidelines. For further information about COVID 19 guidance visit the Centers for Disease Control and Prevention webpage at: <https://www.cdc.gov/>

Q. Which is the nearest beach to the Costa Mesa campus?

A. The closest public beaches to Costa Mesa are Newport Beach & Huntington Beach.
Don't forget your swimwear!

**More information on Costa Mesa can be found here:*

<https://www.travelcostamesa.com/calendar/upcoming-events>

[Costa Mesa Activities | Museums, Attractions, Workouts, Outdoors](#)

Q. Who do I contact for additional questions not covered by this FAQ?

A. Contact olivia.jenkins@sofia.edu or student.services@sofia.edu

***The Faculty and Staff of Sofia University wish you a
blessed and fruitful Seminar!***