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WELCOME TO UMW

IN THIS SECTION:

- Calendar Red-Letter Dates
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- EagleNet Portal
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- Technology
Congratulations on your decision to join the University of Mary Washington, a place where you will juggle rigorous academics with a rich array of extracurricular activities. We look forward to welcoming you in August to your new home away from home.

This book contains a checklist of important, time-sensitive information that will serve as your guide over the next several months. Please pay close attention to the deadlines!

As of March 4, 2013, you will be connected to a whole new world. At that time, you can go online to retrieve your UMW NetID and password.

For updates throughout the summer, go to EagleNet.umw.edu. There you will be able to access your UMW email, find academic advising information, register for classes, and learn even more about UMW.

If you do not have access to a computer...

We prefer that you return your completed forms by email. If you do not have access to a computer and need paper copies of forms and contracts, please call the appropriate office and return the requested information to that department.
All forms to become a UMW student can be completed and submitted by email with one exception: All incoming full-time students, whether residential or commuting, are required to submit to the Health Center by **Aug. 1, 2013**, a completed Health History, Tuberculosis Screening, and Immunization Record Form signed by a health care provider. For more information and to download the form, please see “New Students” at [students.umw.edu/healthcenter](http://students.umw.edu/healthcenter), or call the Health Center at 540/654-1040.

### CHECKLIST:
- [ ] NetID Available Online  
  - **March 4**
- [ ] Housing & Dining Services Agreement (available on EagleNet)  
  - **March 4**
- [ ] *Register for New Student Orientation (available on EagleNet)  
  - **May 15**
- [ ] Student Scholarship Application Form  
  - **May 15**
- [ ] Application for Housing Accommodation to Disability Resources  
  - **May 20**
- [ ] Textbook Reservation Opens  
  - **May 22**
- [ ] Housing and Dining Agreement (priority deadline)  
  - **May 31**
- [ ] Online Photo Submission for EagleOne Cards
  - *Online photo submission for EagleOne cards opens March 24*
  - **June 15**
- [ ] Health History, Tuberculosis Screening, Immunization Record Form  
  - **July 1**
- [ ] Final Grades or Transcripts  
  - **July 15**
- [ ] Parent and Family Information Form  
  - **July 25**
- [ ] Textbook Reservation Program  
  - **Aug. 23**
- [ ] Emergency Contact Information in EagleNet  
  - **Aug. 23**
- [ ] Move-In Day

### ACADEMIC CALENDAR

<table>
<thead>
<tr>
<th>Event</th>
<th><strong>FALL</strong></th>
<th><strong>SPRING</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>*Residence Halls Open (new students)</td>
<td>Aug. 23</td>
<td>Jan. 9</td>
</tr>
<tr>
<td>Residence Halls Open (returning students)</td>
<td>As assigned</td>
<td>Jan. 12</td>
</tr>
<tr>
<td>Classes Begin</td>
<td>Aug. 26</td>
<td>Jan. 13</td>
</tr>
<tr>
<td>Last Day to Add Courses</td>
<td>Aug. 30</td>
<td>Jan. 17</td>
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<tr>
<td>Course-Drop Deadline (without a “W” grade)</td>
<td>Sept. 13</td>
<td>Jan. 31</td>
</tr>
<tr>
<td>Family Weekend</td>
<td>Sept. 20 - 22</td>
<td>Feb. 28 (5 p.m.) - March 9</td>
</tr>
<tr>
<td>Fall/Spring Break</td>
<td>Oct. 11 (5 p.m.) - 15</td>
<td>March 14</td>
</tr>
<tr>
<td>Homecoming Weekend</td>
<td>Oct. 25</td>
<td>March 24 - April 4</td>
</tr>
<tr>
<td>Individual Course Withdrawal Deadline</td>
<td>Oct. 28 - Nov. 8</td>
<td>April 25</td>
</tr>
<tr>
<td>Advance Registration</td>
<td>Nov. 27 - Dec. 1</td>
<td>April 26 - 27</td>
</tr>
<tr>
<td>Thanksgiving Break</td>
<td>Dec. 6</td>
<td>April 28 - May 2</td>
</tr>
<tr>
<td>Classes End/Last Day to Withdraw from UMW</td>
<td>Dec. 7 - 8</td>
<td>May 10</td>
</tr>
<tr>
<td>Reading Days</td>
<td>Dec. 9 - 13</td>
<td>Feb. 28 (5 p.m.) - May 3 (except for graduates)</td>
</tr>
<tr>
<td>Final Exams</td>
<td>Nov. 27 - Dec. 1</td>
<td>May 11 (for graduates)</td>
</tr>
<tr>
<td>Commencement</td>
<td>Dec. 14 - Jan. 12</td>
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</table>

*NOTE: Student athletes who have been directed by their coaches to return early should arrive on the date specified by the coach.*
## Contacts

Questions regarding the contents of this book or any other areas of the University should be directed to the following offices.

<table>
<thead>
<tr>
<th>Office</th>
<th>Phone/Fax</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Information</td>
<td>(Area code 540)</td>
<td>umw.edu</td>
</tr>
<tr>
<td>Academic and Career Services</td>
<td>654-1010 or 1022</td>
<td>academics.umw.edu/academicandcareerservices</td>
</tr>
<tr>
<td>Admissions</td>
<td>654-2000</td>
<td>admissions.umw.edu</td>
</tr>
<tr>
<td>Athletics</td>
<td>654-1039</td>
<td>athletics.umw.edu</td>
</tr>
<tr>
<td>Bookstore</td>
<td>654-1017</td>
<td><a href="http://www.umw.edu/bookstore">www.umw.edu/bookstore</a></td>
</tr>
<tr>
<td>Business Services</td>
<td>654-1009</td>
<td>adminfinance.umw.edu/business-services</td>
</tr>
<tr>
<td>Campus Recreation</td>
<td>654-1732</td>
<td>students.umw.edu/recreation</td>
</tr>
<tr>
<td>Cashier’s Office</td>
<td>654-1251 or 1247</td>
<td>adminfinance.umw.edu/cashier</td>
</tr>
<tr>
<td>Center for Honor, Leadership &amp; Service</td>
<td>654-2272</td>
<td>students.umw.edu/chls</td>
</tr>
<tr>
<td>Center for International Education</td>
<td>654-1434 or 1870</td>
<td>international.umw.edu</td>
</tr>
<tr>
<td>Community Service</td>
<td>654-1122</td>
<td>coar.umwblogs.org</td>
</tr>
<tr>
<td>Copy Center</td>
<td>654-1935</td>
<td>adminfinance.umw.edu/copies</td>
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<tr>
<td>Counseling Services</td>
<td>654-1053</td>
<td>students.umw.edu/caps</td>
</tr>
<tr>
<td>Dining Services</td>
<td>654-1928</td>
<td>umwdining.com</td>
</tr>
<tr>
<td>Disability Resources</td>
<td>654-1266</td>
<td>academics.umw.edu/disability</td>
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<tr>
<td>EagleNet Portal</td>
<td>654-2255</td>
<td>eaglenet.umw.edu/default.aspx</td>
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<tr>
<td>EagleOne ID Center</td>
<td>654-1005</td>
<td>adminfinance.umw.edu/eagleone</td>
</tr>
<tr>
<td>Financial Aid</td>
<td>654-2468</td>
<td>adminfinance.umw.edu/financialaid</td>
</tr>
<tr>
<td>Health Center</td>
<td>654-1040 or 1077</td>
<td>students.umw.edu/healthcenter</td>
</tr>
<tr>
<td>IT Help Desk</td>
<td>654-2255</td>
<td>technology.umw.edu/helpdesk</td>
</tr>
<tr>
<td>Libraries</td>
<td>654-1125</td>
<td>libraries.umw.edu</td>
</tr>
<tr>
<td>Multicultural Center</td>
<td>654-1044 or 1782</td>
<td>students.umw.edu/multicultural</td>
</tr>
<tr>
<td>Post Office</td>
<td>654-1049</td>
<td>adminfinance.umw.edu/mail</td>
</tr>
<tr>
<td>Public Safety</td>
<td>654-1025</td>
<td>adminfinance.umw.edu/publicsafety</td>
</tr>
<tr>
<td>Registrar</td>
<td>654-1063</td>
<td>academics.umw.edu/registrar</td>
</tr>
<tr>
<td>Residence Life</td>
<td>654-1058 or 1527</td>
<td>students.umw.edu/residencelife</td>
</tr>
<tr>
<td>Speaking Center</td>
<td>654-1347</td>
<td>academics.umw.edu/speaking/speaking-center</td>
</tr>
<tr>
<td>Student Accounts</td>
<td>654-1250 or 1289</td>
<td>adminfinance.umw.edu/studentaccounts</td>
</tr>
<tr>
<td>Student Activities &amp; Engagement</td>
<td>654-1061</td>
<td>students.umw.edu/studentactivities</td>
</tr>
<tr>
<td>Student Employment</td>
<td>654-2468 or 1685</td>
<td>adminfinance.umw.edu/financialaid</td>
</tr>
<tr>
<td>Study Skills</td>
<td>654-1010</td>
<td>academics.umw.edu/academicservices/study-skills-signup</td>
</tr>
<tr>
<td>Tutoring</td>
<td>654-1010</td>
<td>academics.umw.edu/academic-support/tutoring-services</td>
</tr>
<tr>
<td>University Hotline</td>
<td>654-2424</td>
<td>umw.edu/police</td>
</tr>
<tr>
<td>University Police</td>
<td>654-1025</td>
<td>umw.edu/police</td>
</tr>
<tr>
<td>Emergency</td>
<td>4444</td>
<td>From Fredericksburg campus phones only</td>
</tr>
<tr>
<td>Writing Center</td>
<td>654-1036</td>
<td>academics.umw.edu/writing-fredericksburg</td>
</tr>
</tbody>
</table>
EagleNet Portal

The EagleNet Portal is your way to stay connected with what’s happening at UMW. The chart below illustrates where to find specific information in the EagleNet Portal. Just click on “My University Resources” to access these student portal pages.

It’s essential that you regularly check for announcements on the EagleNet Portal at eaglenet.umw.edu.
EagleOne Card

Your official UMW identification card is called the EagleOne card. Stop by the EagleOne Card Center in Lee Hall to have your photo taken and receive your card. Visit adminfinance.umw.edu/eagleone for more details.

The card has a myriad of uses on campus and should be carried at all times to...

- gain access to your residence hall, the fitness center, gym, and numerous campus events
- borrow books from the Simpson Library, pay library fees
- use in the campus dining facilities and check meal plan and balance information
- use as a debit card to your EagleOne account (activated with an initial deposit of $25 or more)
- make purchases at the UMW Bookstore, Copy Center, Post Office, Health Center, Klein Theatre, all dining operations and University Tennis Center
- use in vending machines for snacks, drinks, and laundry
- use for public copiers and printing at campus computer labs
- make purchases from participating off-campus merchants
- gain admission to events

Funds can be added to your EagleOne account 24/7 online (eagleone.umw.edu), by mail, and at the Cashier’s Office and at the EagleOne Card Center, both in Lee Hall. With the EagleOne card, you won’t need to carry cash, write checks, or use a bank credit card anywhere you see the EagleOne logo.

🌟 If you lose your card...🌟

All lost cards should be invalidated immediately by deactivating the card online or reporting the loss in person at the EagleOne Card Center during regular business hours. On evenings and weekends, you may report a lost card at the UMW Police Office. Replacement cards are available for a fee at the EagleOne Card Center.
Technology

Students are encouraged to bring laptop computers to take advantage of mobile computing. UMW provides wireless network connectivity in all buildings on campus, and there are more than 24 computer labs equipped with both PC and Macintosh computers and printers.

Each year, the Department of Information Technologies posts recommended configurations for various types of computers on its website, technology.umw.edu/new. In addition to information about the type of computer you should bring, you’ll find information about accessories, software, and best practices. The UM Bookstore website, umw.edu/bookstore, provides links to vendors who offer computers configured to UMW specifications.

On move-in day, support teams will be available in the residence halls to assist students with connecting to the network. Throughout the year, students may contact the IT Help Desk via email at helpdesk@umw.edu or via phone at 540/654-2255 for assistance. The University is not equipped to provide hardware repair services for student computers, but will provide a list of manufacturer-certified computer repair specialists in the Fredericksburg area.

Apogee is the service provider for residential networking, including Internet access, wired and wireless connectivity, and cable TV and IPTV service. To learn more about Apogee’s services, visit technology.umw.edu/new.

When do I get a UMW email account?
You will be issued a network identifier – NetID – and a temporary password that will enable you to use the UMW network beginning March 4, 2013. You may find your NetID by following the step-by-step instructions found at technology.umw.edu/new.

Viruses, Worms, and Spam...
All computers on the UMW network are required to have anti-virus software and current security updates installed on their operating systems. We also strongly recommend that you install, keep current, and run a spyware application. See technology.umw.edu/new for information about combatting viruses and malware, and for keeping your system up-to-date.

Wireless
UMW has a wireless network for residence halls and a wireless network for academic and administrative buildings. Information on how to connect to these networks is available at: technology.umw.edu/new.
NEW STUDENT ORIENTATION

IN THIS SECTION:
- First-Year Orientation (two days)
- Transfer Orientation (one day)
- Early Arrival Trips
- Move-In Day
- Welcome Week
Your **Next Steps**

**New Student Orientation** occurs in June and is required for all new first-year and transfer students. The orientation schedule and more information are available at [orientation.umw.edu](http://orientation.umw.edu). You can register for orientation once you have paid your admissions deposit. Families/guests are welcome to attend.

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**First-Year Orientation Overview (two days)**

<table>
<thead>
<tr>
<th>Session #1 – June 17-18</th>
<th>Session #4 – June 24-25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session #2 – June 18-19</td>
<td>Session #5 – June 25-26</td>
</tr>
<tr>
<td>Session #3 – June 19-20</td>
<td>Session #6 – June 26-27</td>
</tr>
</tbody>
</table>

The first day of orientation begins with arrival and check-in, where you receive a complete schedule and information for your visit. Students who submitted photos online will receive their EagleOne cards at check-in. After the official welcome, the program splits into a student track and a families/guests track. Families and guests learn more about UMW services and ways to support their student’s success, while students engage in informational programs with their peers and upper-class orientation leaders. If living on campus, can visit the assigned residence hall with their guests. Students have an evening activity and remain on campus while parents and guests enjoy a reception and are shuttled back to their cars.

The second day begins with breakfast and a chance for families to learn “How to Prepare Your Student for College” while students continue to explore campus services and meet their advisors for academic registration. The day’s activities conclude approximately at noon to allow families to begin their travels back home — knowing that *It’s a great day to be an Eagle!*  

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**Transfer Orientation Overview (one day)**

| Session #1 – June 14 | Session #2 – June 21 |

Orientation begins with arrival and check-in, where you receive a complete schedule and information for your visit. Sessions provide important information about campus services, student accounts, and other student services. After lunch, students meet with academic advisors, who help register them for fall courses. Families and guests have the opportunity to attend concurrent sessions or explore campus. The day’s activities conclude at about 5 p.m.

* Sessions are first-come, first-served. Once a session is full, that option will close and an alternate date must be selected.
Want to Get Connected Early?

As a new member of Eagle Nation, you can choose a pre-move-in experience called NEST, New Experiences for Students Transitioning. This program spans Aug. 19-22 and offers a unique opportunity to bond with fellow students as you explore UMW and surrounding attractions. Space is limited, and there is an associated cost. Registration for NEST opens May 1, and those students get to move in early to their assigned residence hall! Learn more at orientation.umw.edu/nest or call 540/654-2272.

New Student Move-In & Welcome

The official move-in day for new residential students is Friday, Aug. 23. UMW offices will be open for families to discuss students’ accounts, financial aid, and transfer credit questions.

Avoid the Move-In Day Blues

- Please keep your vehicle on paved areas only, unless directed otherwise by UMW staff. When your vehicle is empty, please move it off campus so others may move closer.
- Ask orientation leaders for assistance carrying items – these volunteers are there to help!
- Fredericksburg can be very warm and humid in August. Dress appropriately and have cool water with you.

Lunch is on your own, followed by an afternoon welcome session. Families can preregister and pay for a “BBQ With the President,” which takes place that evening; students are admitted free with their EagleOne card.
WELCOME WEEK

Once families depart, students can look forward to:

- Ice cream with the president!
- Honor convocation with the faculty to formalize your commitment to the UMW Honor Code
- The Eagle Gathering
- Movies, comedy nights, dances, river tubing, and more
ACADEMICS FIRST

IN THIS SECTION:

- Academic Planning and Advising
- First-Year Seminar
- Frequently Asked Questions
- General Education Requirements
- Simpson Library
- Academic and Career Services
- Tutoring and Study Skills
Academic Planning

Launch your first year at UMW by taking the following steps:

Request that official copies of results of Advanced Placement (AP), International Baccalaureate (IB), Cambridge, College Level Examination Program (CLEP), dual enrollment classes, and transcripts of any college transfer credit be sent to the UMW Office of the Registrar immediately. The UMW CEEB code is 5398.

Check the Student and Financial Aid section in the EagleNet Portal to review your student record for any AP, IB, Cambridge, CLEP, dual enrollment, or college transfer credits that have been received and processed by the Office of the Registrar. If you know your prospective major, be sure to run a degree evaluation (a “What-If Analysis,”) to see where your transfer courses fit into your degree. At your June orientation session, you will launch your academic career by registering for classes. Faculty advisors will be on hand to assist.

TIPS

“Take classes that you are interested in, not what your parents want or expect you to take.

Put your alarm clock across the room so you have to get out of bed. Missing even one class can make it hard to keep up with the course work.

Classes at Mary Wash are challenging. The upside is that class sizes are small, which means more chances to ask questions and get to know the professors.”

First-Year Seminar

First-Year Seminar courses introduce students to the pursuit of intellectual inquiry. Seminars are designed to provide an opportunity to interact with outstanding faculty members while exploring nontraditional topics in nontraditional ways. One first-year seminar is required as part of UMW’s general education program. (Transfer students are not required to take a first-year seminar.) While many different courses will be offered, not everyone will be able to enroll in a seminar in the fall semester. Students who do not take the course in the fall should sign up for it in the spring semester. Specific topics will vary from course to course, but all will include:

• college as you imagined it: a life of the mind taught by great faculty
• small classes, capped at 15 students each
• active, discussion-based formats
• exploration of primary texts rather than textbooks
• critical examination of the class literature
• development of writing and speaking skills
First-Year Seminar Courses
Scheduled for Fall 2013

Any course numbered FSEM 100, HIST 201, HIST 202, or HONR 100 will satisfy the first-year seminar requirement. In several cases, multiple sections are available for the seminars listed:

FSEM 100 Courses
- Ethics & Literature
- Mozart and “Amadeus”
- The Idea of Cool
- Mashups and Makerbots
- Lost Manuscripts of Christianity
- Writing Ecology
- Cryptology
- Ted.com – Ideas Worth Sharing
- Travel Writing
- Race and Revolution
- French New Wave: Cinema and Society
- Finding Fashion
- The Art of Life’s War
- Holocaust in German and U.S. Cultures
- International Short Fiction by Women
- True Crime: America’s Most Wanted
- Banned and Dangerous Art
- Feminism Second Wave
- Major Germanic Myths

HIST 202 Courses
- Hollywood Films and History: The Perspective of John Ford
- Good, Bad, and Ugly American Tourists

HONR 100 Courses
- Scientific Controversies in the Media
- Participatory Play - Games Without Walls
- Shakespeare and Pop Culture

Additional first-year seminars will be offered in the spring 2014 semester.

UNDER CONSTRUCTION!

When you arrive on campus in August, you will see an exciting new building taking shape. The working name for the building — the Information and Technology Convergence Center — is designed to capture the main focus of the new building. It will be an "academic commons" building — a place where a variety of technology, information, teaching, and resources will come together in an environment that is modern, energetic, and vibrant. While the building will look like other UMW buildings on the outside, inside it will be different from anything else on campus.

The Convergence Center will be on campus walk, next to Simpson Library. The building will be a location where students can gather, mingle, study, work, learn, and even play in a variety spaces — all of which will be outfitted with the latest in technology resources. Here are a few of the particular spaces:

- self-service computer workstations and an "email bar" where you can quickly check messages;
- a self-service multimedia lab outfitted with everything you need to do computer and video productions;
- a more sophisticated video production room (outfitted like a small television studio);
- group collaboration spaces throughout the building where students can meet around a flat-panel screen to work on whatever they like;
- conference and meeting rooms throughout the building; and
- the new locations for the Speaking and Writing Centers.

Construction is scheduled to finish sometime in June 2014. Shortly thereafter, you will have an opportunity to be among the first users of a building that is distinctive and unlike any other facility on a university campus in Virginia. To learn more about this new building, and to keep up with events as the project unfolds, you can go to: provost.umw.edu/convergence-center.
Class registration will occur during your required orientation session.

Who is my academic advisor? An advisor from the Office of Academic and Career Services will assist you during your orientation session with the development of a class schedule. Once you declare your major, an advisor from the major department will be identified.

What courses should I think about taking as a freshman? We recommend that you register for no more than 16 credits your first semester. Keep in mind you must take a first-year seminar during your first year (not necessarily the first semester). Focus on registering for classes that meet the general education requirements outlined in the academic catalog. These classes allow you to explore a variety of disciplines as you narrow your academic area of interest. If you have selected an academic discipline, consider registering for courses that may be considered prerequisites for future classes in that major. Student athletes should set aside time for practice from 3 to 6 p.m., Monday through Friday.

Can I adjust my schedule after orientation? Yes. You can make schedule adjustments after orientation, but you should do so in consultation with an academic advisor.

Can I declare my major? What if I declare but change my mind later? Students are undeclared during their freshman year. To declare a major, go to the appropriate academic department and request a major advisor. You can also declare a minor by visiting the academic department of interest. If you change your mind about the major you originally select, it is possible to change.

What will I need to bring to my first academic advising meeting? For a productive meeting, come prepared with several resources. Plan to bring your résumé and a list of any Advanced Placement (AP), International Baccalaureate (IB), and Cambridge exams that you have taken. You should also be ready to discuss your current academic interests and your plans for experiential involvement during your time at UMW.

What classes may I take pass/fail? You may take any class pass/fail, but there are guidelines. All classes that count toward general education, intensives, and major or minor requirements must be taken for a letter grade. The only exceptions are some experiential learning classes. You may take as many as eight pass/fail classes—limited to one per semester.

Can any offices on campus help me with papers or presentations?
* The Writing Center (Trinkle 107-A) offers assistance on all types of writing projects: reports, papers, cover letters and résumés, white papers, and research projects. The Writing Center can also help you prepare for in-class essay exams and for standardized tests.
* The Speaking Center (Combs 101) offers students customized assistance with communication skills such as videotaped practice presentations and feedback. Consultants also offer advice on activities such as speeches, group presentations, debates, or interviews.
General Education Requirements

General education is the foundation of a liberal arts and sciences education. The course work is designed to cultivate the skills, knowledge, and habits of mind that are essential in every field of study and that enable graduates to make effective decisions as citizens of a rapidly changing, richly diverse, and increasingly interconnected world. The requirements are designed to put the liberal arts in a contemporary context and to provide students with maximum flexibility in the way the requirements may be met. For complete details, students should see the Undergraduate Academic Catalog, which will be available online. A brief sketch of the requirements appears below.

### Summary of General Education Requirements

- **First-Year Seminar** (one course); not required for transfer students
- **Quantitative Reasoning** (two courses)
- **Natural Science** (two-course sequence; at least one course with a lab)
- **Human Experience and Society** (two courses from two separate disciplines; at least one of the courses taken must be selected from one of these disciplines: anthropology, economics, geography, linguistics, political science, psychology, or sociology)
- **Arts, Literature, and Performance** (two courses; one exploring the process for creating artistic work, the other focusing on appreciation and interpretation of artistic works)
- **Global Inquiry** (one course)
- **Language** (intermediate competency in a second language)
- **Experiential Learning** (one faculty-supervised experience)
- **Writing Intensive Requirement** (four courses designated WI)
- **Speaking Intensive Requirement** (two courses designated SI)

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Students and parents are urged to enroll in the University’s free emergency notification system: UMW Alerts. This will be the primary (although not the only) system used in case of emergencies. Sign up at [alert.umw.edu](http://alert.umw.edu).
Conveniently located on Campus Walk, Simpson Library gives access to a full range of innovative and cost-effective services that satisfy the changing needs of UMW students and faculty – whether for information, education, or recreation. Your library has more than 420,000 volumes and 63,000 periodicals, links to thousands of electronic publications, and a wide array of databases that furnish online access to books, magazines, journals, and newspapers.

Stop by the soft-seating area on the first floor, with its shelves of popular reading volumes, movies on DVD, and the comfortable chairs and casual atmosphere that invite conversation and relaxation. A full list of offerings and services can be found on the library’s extensive website at libraries.umw.edu.

Office of Academic and Career Services: Career Preparation

Career development support and the academic internship program can:

- Help you choose a major and explore related career fields.
- Help you plan for a career or graduate school.
- Identify opportunities to network and connect with employers and alumni.
- Provide guidance on experiential learning opportunities that get you out of the classroom and give you new skills.
- Teach you about the academic internship program - one way to meet the experiential learning general education requirement.

Visit umw.edu/academicandcareerservices for additional tools and resources.

Tutoring and Study Skills

Peer tutors are provided by appointment for almost every lower-level course, and walk-in tutoring is available for math courses. UMW faculty-recommended websites with lessons, quizzes, and tips for various courses of study can be found at umw.edu/cas/acservices/services/tutoring.

Academic Success Seminars: Participate in seminars that provide you with tools to be academically successful including: test taking strategies, time management, stress management, organizational skills, and more.
BUSINESS MATTERS

IN THIS SECTION:

- Banking
- Bookstore
- Copy Center
- Financial Aid
- Post Office
- Student Accounts
Banking

There is an ATM in Lee Hall operated by BB&T Bank. For BB&T accounts there will be no transaction fee. For all others the transaction fee will be $2.

Financial institutions in the vicinity of campus include the following (all area codes are 540):

BB&T
400 George Street
899-5500

Bank of America
1481 Carl D. Silver Parkway
548-2827

First Citizens Bank
3205 Plank Road
786-2709

NSWC Federal Credit Union
2004 Augustine Ave.
373-5127

Partners Bank
317 William Street
899-2265

Peoples Community Bank
175 Kings Highway
371-6889

PNC Bank
900 Princess Anne Street
899-3243

Stellar One
1016 Charles Street
373-9700

SunTrust Bank
3557 Plank Road
899-5631

Union Bank & Trust
2811 Fall Hill Ave.
372-7760

Wells Fargo
501 1/2 Jefferson Davis Highway
899-9203

Textbook Reservation Program

Look for additional information in the EagleNet Portal at eaglenet.umw.edu or at www.umw.edu/bookstore.

Sign up by July 25!

Ensure access to used textbooks and convenient delivery with a deposit of $675 on your EagleOne card by July 25, 2013. The Bookstore staff will obtain your schedule, gather the correct textbooks, and, with the help of the Residence Life team, deliver your textbooks to your room! The Textbook Reservation Program offers convenience and savings.

Bookstore

The University Bookstore is owned and operated by UMW and offers an extensive inventory of everything an Eagle may need for the coming year. The bookstore has used and new textbooks, e-books, and course packs. The bookstore team ensures that the correct materials are available on time for classes, and are competitively priced. For additional savings, students can participate in the textbook buy-back at the end of each semester.

Wear and share your Eagle spirit! The store boasts a wide selection of UMW clothing, gifts, and insignia items.

The store sells computer supplies and student-priced software (MS Office and Office for Mac). For discounted Dell and Apple computers, designed to meet UMW specifications, order through the bookstore website, umw.edu/bookstore.
Copy Center

For a nominal fee, you may take care of all your personal copying and printing needs and send or receive faxes at the UMW Copy Center, located in the basement of Seacobeck Hall. Options include transparencies, laminations, specialty paper, personalized stationery, binding, labeling, shredding, inserting, collating, scanning, and digital photo processing.

Put the Copy Center to work!

Regular hours are:

**Fall & Spring Semesters:**
- Mon. – Thurs. 8 a.m. – 7 p.m.
- Friday 8 a.m. – 5 p.m.

**Summer Semester:**
- Mon. – Fri. 8 a.m. – 5 p.m.

Financial Aid

To be considered for UMW Foundation scholarships not yet awarded, submit the Scholarship Application on or before May 15. The application is available through the EagleNet portal and posted on the Financial Aid Web site. Most scholarships are need-based and require results from the FAFSA. Additional information is located at umw.edu/financialaid. Documents that have been requested for verification are due on or before May 15. These items are included on the award letter and in EagleNet.

Post Office

The campus post office is a full-service postal center. Each residential and commuting student will be assigned a mailbox to be used for official mail from UMW and for personal mail, including packages and mail requiring a signature.

You may retrieve your mailbox number and combination through the Banner program, by way of the EagleNet portal. You will keep the same mailbox as long as you reside on campus. Students at Eagle Landing will be assigned a box there. If you move off campus, you will be issued a new mailbox.

Access your mailbox:

- Mon. – Wed 7 a.m. – 11 p.m.
- Thurs. – Fri. 7 a.m. – 1:30 a.m.
- Saturday 8 a.m. – 1:30 a.m.
- Sunday 8 a.m. – 11 p.m.

Window services:

- (including parcel pickup) Mon. – Fri. 10 a.m. – 4:30 p.m.

continued on page 22
Student Accounts

Everything you need to know about current tuition and fees, room and board, payment options, due dates, and more can be found at adminfinance.umw.edu/studentaccounts, or by phone at 540/654-1250 or 540/654-1289.

Freshman and transfer tuition bills are available online through EaglePAY. An email notification will be sent to your UMW email address once the bills are available. Students can add additional email addresses or sign up authorized payers within EaglePAY. After your first semester, fall semester bills will be available during the first two weeks of July, and the spring semester bills will be available during the first two weeks of November. All new charges or unpaid account balances will be billed periodically throughout the semester. Accounts not covered by financial aid, prepaid tuition programs, or by the installment payment plan are due by the date specified on the bill (typically the end of July for the fall semester and mid-December for the spring).

You may pay your account with cash, cashier’s check, money order, personal check, automated clearing house (ACH), or credit card. Credit card payments are made online through a University-approved third party, which charges a convenience fee. Online ACH payments are not charged a convenience fee. Students who wish to grant access to another person to view and make payments on their account must first set up the person as an authorized payer within EaglePAY.

We encourage everyone to make payments online through EaglePAY, to avoid mailing delays that might cause a hold or a late fee on the account. If payments are mailed, they should be mailed directly to the UMW Cashier’s Office with the student ID attached. You also may make payments in person on the second floor of Lee Hall. Outside scholarships must be received by the due date of the bill. Failure to pay a bill by its due date may result in late fees and a hold on your account. Grants, loans, and scholarships are credited to student accounts in the order that UMW receives them. Accounts are reviewed periodically to identify overpayments, in order to issue refunds. Please see adminfinance.umw.edu/studentaccounts for further information.
CAMPUS DINING AND HOUSING

IN THIS SECTION:

- Application and Agreement for Residential Students
- Frequently Asked Questions
Application and Agreement for Residential Students

UMW’s goal is to provide a living-learning environment that offers support, fosters academic achievement and personal development, and provides a sense of community to all its members.

After new students pay a one-time housing deposit as part of the Admissions $500 enrollment deposit, they may complete the on-line housing agreement, found under the “University Life” tab on EagleNet, by May 22, 2013. This is a binding agreement between the student and the University for two full academic years (incoming freshmen) or one full academic year (incoming transfer students).

No housing assignment will be made without a completed Housing and Dining Services Agreement record on file. Applications received after May 22, 2013, will be processed on a rolling basis.

Students will be given their room and roommate via EagleNet Portal in time for the June orientation program, and may visit their assigned residence hall at that time, if the building is available. If not, a representative room will be shown. (Students who submit online photos by June 7 may pick up their EagleOne card during the orientation.) Check EagleNet and your email for information, updates and links to forms!
Can I request to live in a specific residence hall? View the first-year residence halls on the Residence Life home page. While we cannot guarantee placement in the residence hall of your choice, you have the opportunity to indicate your building preferences on the housing and dining services agreement.

Is there a housekeeping service to clean my room and bathroom? No, but housekeeping does clean hall bathrooms that are shared by an entire floor.

How many roommates will I have? Residence halls have double, triple, and quad rooms, and every student has the same chance of being placed in any of them. Roommates are randomly assigned based on preferences noted on the housing and dining services agreement.

What are bathroom facilities like? In some residence halls each floor shares a common bathroom containing individual toilet stalls and shower stalls. Others have suite-style bathrooms with two bedrooms connected by a shared bathroom. UMW students will attest that both styles have advantages.

What are community standards? Community standards are rules and regulations relating to visitation, quiet hours, or any other issue that affects everyone in the community. The community will vote on standards for your residence hall at the first hall meeting of the semester.

May I install a window air conditioning unit in my room if my building does not have AC? No. Window AC units are prohibited in the residence halls unless you have submitted documentation of a medical need for AC and have been approved. The form can be found on the Residence Life forms page at students.umw.edu/residencelife/housing-processes/online-forms.

What are resident assistants, and how can they help me? Resident assistants are specially trained upperclass students who live in the building and assist residents in their adjustment to life at UMW. They can help with everything from work orders and maintenance requests to providing social and educational programming. RAs are available to answer any question a resident might have about life at UMW.

Are there any living-learning or themed communities that I can participate in as a freshman? Yes. UMW offers a number of living-learning and themed communities for first-year students. These include Empower U! – personal empowerment from a feminist perspective; Justice for All – issues of social justice; VISION – leadership development; Green House – sustainability; and Pre-Business – students interested in majoring in business. You can read more about these programs on the Residence Life website at students.umw.edu/residencelife.

To be considered for participation, check the appropriate box on the Housing and Dining Services Agreement. Applications are due to Residence Life by May 22, 2013. If you are interested in one of these communities but have already submitted your housing agreement, please contact Residence Life. These communities are an excellent way to get your feet on the ground and make the most of your first year at UMW. No prior experience with the topic is necessary for membership.

I usually just use my cellphone. May I bring it to UMW? Absolutely! Most students on campus have cellphones and many elect to use them for long distance service. Residence hall rooms are not equipped with phones, but there are phones on every hall for emergency purposes. Students also can elect to contract for a room phone with Apogee, our digital services partner, for an additional fee. Cellphone reception in the area and in campus buildings varies for some service providers.
Can I bring a fridge for my room? Personally owned refrigerators that are 2 amps or 4.5 cubic feet or less are permitted, providing they are UL approved. Only one refrigerator is permitted in a double or triple room, and two are permitted in a quad.

Will anyone be available to help move me into my building? Yes. UMW orientation leaders and upperclass student volunteers will be on hand to assist you.

Can I request to live with a certain person? Absolutely! There is a section in the online agreement that allows you to indicate your preferred roommate’s name. These requests can only be honored if both individuals request each other on their respective housing agreements. If you want to indicate a roommate preference after you have submitted your housing agreement, you will need to submit your request in writing to Residence Life at reslife@umw.edu by May 22.

What is included in my room? Each residence hall is unique, but some standard furnishings include a twin-bed frame and mattress, desk and chair, dresser, and closet space for each resident. Rooms are equipped for cable television, and computer network connections for each resident. Wireless network access is also provided throughout the residential buildings.

Do all residence halls have elevators? No. Halls that do have elevators are Alvey, Arrington, Jefferson, Marshall, Mason, Randolph, and South.

When is move-in? Move-in for new incoming students is Friday, Aug. 23, 2013, beginning at 8:15 a.m. All individuals housed in first-year housing should report directly to their assigned residence halls. Transfer students in other buildings will be notified of the nearest first-year building, where they will check in. Early arrivals will not be permitted except in connection with a University activity, nor may personal belongings be moved in early. Please plan accordingly. If you need to arrive in the Fredericksburg area early, you should make arrangements at a local hotel. A schedule of the openings and closings of residence halls for the entire academic year can be found in the EagleNet Portal.

What size sheets should I buy? All resident rooms have twin beds, and most have extra-long 80-inch mattresses. It is best to buy XL twin sheets or twin sheets with “expanded” or “deep” pockets.

Can I have overnight visitors in the residence halls? Except for first semester in first-year halls, overnight visitation is decided by community standards vote in each residence hall at the first meeting of the semester. Residence Life encourages roommates to discuss overnight visitation for their roommate agreement. Most communities permit overnight visitors, but check with your roommate(s) first to ensure everyone is in agreement.

How can I get around without a car on campus?
• Ride FRED buses for free with your student ID throughout the city. On weekends, “FRED Express” stops just inside the main gates of UMW and on College Avenue in front of Seacobeck Hall.
• Walk downtown and to Eagle Village Shopping Center.
• Ride your bike.
• Use the Greyhound bus and rail stations that are minutes from campus. Apply for Student Advantage discount cards through Amtrak. Ride the Virginia Railway Express (vre.org) to Northern Virginia and Washington, D.C.
• Airports within a 75-mile radius include Richmond, Reagan, Dulles, and BWI.

Read carefully the contents of the official Housing and Dining Services Agreement, then submit it through the EagleNet Portal at EagleNet.umw.edu.
Green Dining UMW is one of only five Virginia schools to achieve the “Virginia Green” environmental certification. UMW Dining Services is committed to reducing and recycling waste, minimizing the use of disposable products, recycling grease, using water efficiently, and conserving energy.

Recycling Recycling is available in all campus buildings. Information how and what to recycle is available at sustainability.umw.edu/recycling. In Recyclemania 2013, UMW ranked first in Virginia, beating out 22 other Virginia colleges and universities.

Energy Conservation UMW is committed to conserving energy through building retrofits and human behavior modifications. Lighting upgrades, energy management systems, electricity peak demand reductions, and pipe insulation reduce 8,728,459 pounds of CO2 annually.

Sustainability Policies and Procedures UMW’s defined commitment to sustainability can be found at sustainability.umw.edu.

LEED All new university buildings and renovations are LEED (Leadership in Energy and Environmental Design) certified. Energy Star-rated equipment is standard.

Getting Involved in Sustainability at UMW!

Environmental Sustainability Minor This interdisciplinary sustainability minor explains what sustainability is and how it is used in the real world. Students can deepen their understanding of the environmental movement, social justice, economic development, and the interactions among them.

Ecology Club The student-run Ecology Club leads the sustainability movement on campus, partnering with national organizations like the Campus Climate Challenge and Energy Action Coalition, local associations like the Chesapeake Climate Action Network and the Rappahannock Chapter of the Sierra Club, and on-campus groups like Environmental Action and Awareness.

Eco Reps Students work with the Sustainability Office to foster awareness of sustainable living.

President’s Council on Sustainability This council involves students in planning sustainability goals as members or with a PCS Action Group. See sustainability.umw.edu.

Internships Sustainability-focused internships are offered through the Career Services Office and have included work on funding and grant writing for sustainability programs, Recyclemania planning and organizing, and sustainability PR and communication.
Where can I eat on campus? There are five dining locations on campus. Seacobeck Hall features three dining rooms with various buffet-style menus and cooking stations. The Eagle’s Nest, located in Woodard Campus Center, offers national brands Vocelli Pizza and WOW Cafe & Wingery. The Market, also in Woodard CC, features Joe Stacks Coffee Bar & Deli as well as Simply To Go for meals for students on the run. Naturally Woodstock, The Underground in Lee Hall, focuses on simple cuisine that uses local produce and eco-friendly products. Finally, Jazzman’s Cafe & Bakery in Simpson Library offers fresh coffee and treats.

How may I change my meal plan? A meal plan can be changed through EagleNet under “My University Resources - University Life,” starting in July. Students have until the end of the second week of classes to decrease a meal plan.

What’s being served? To check the day’s or week’s menus, visit Eagle Dining at umwdining.com, follow us on Twitter (@umwdining) or “like” Eagle Dining on Facebook (UMWdining). Vegetarian, vegan, and gluten-free menu offerings are available during each meal period. If you are on a restricted diet, contact the general manager at 540/654-2230.

What are EagleOne dollars? Your EagleOne card is your admission ticket to the dining facilities. You can purchase EagleOne dollars throughout the academic year at the EagleOne ID Center, the Office of Student Accounts, by mail, or online at adminfinance.umw.edu/eagleone. EagleOne dollars may be used at Seacobeck, the Eagle’s Nest, the Underground, the bookstore, and most other campus locations, and at numerous off-campus businesses. Purchases made with EagleOne dollars are subject to Virginia sales tax. Unused EagleOne dollars will remain in your account for the duration of your enrollment.

What are flex dollars? Flex is a cash equivalent built into all of the meal plans. Though not real money, flex is a debit account for making additional food purchases at all of the dining operations. Flex balances roll over from the fall to the spring semester. Unused balances at the end of the spring semester will be forfeited.

May I bring a guest for dinner? Yes! Every block meal plan allows you to use five of your meals for guests! If you’ve used all your guest meals or your plan does not include them, you may purchase meals at any dining facility with Flex Dollars, EagleOne, cash, or credit card.

How do I choose a meal plan? Eagle Dining offers a variety of meal plans tailored to fit the appetite of any residential or commuter student. You may choose from our unlimited super meal plan, several block meal plans that provide a set number of meals each semester, or a “go green” meal plan.

What is EagleExpress? EagleExpress is a food cart that can be found along Campus Walk and at campus events. The cart provides hot and cold drinks, snacks, and ready-to-go food items. You can pay with cash, EagleOne, or flex dollars.
Where to eat on campus

Seacobeck Hall


The South Market offers a mix of Asian, Tex-Mex, and American cuisine. At the Pacific Rim you can get made-to-order stir fry, like beef and broccoli or General Tso’s chicken. Fresh sushi is available, too!

The UMW Bistro Enjoy classic Italian menu items like freshly made pizza, made-to-order pasta, paninis, salad specials, and a gelato bar.

Lee Hall

Naturally Woodstock at The Underground in Lee Hall offers delicious sandwiches, wraps, salads and sweet treats, including frozen yogurt and fruit smoothies.

Simpson Library

Jazzman’s Cafe & Bakery, in Simpson Library, has coffee and tea, freshly baked specialty muffins, scones, and brownies.

Eagle’s Nest

WOW Cafe and Wingery features chicken wings and tenders, burgers, quesadillas, and more. Customize your meal with one of our spicy, sweet, or savory sauces!

Vocelli Pizza offers fresh-from-the-oven Italian flavor from famous Vocelli rolls to delicious vegetarian gourmet pizzas. Fresh salads and appetizers are also on the menu.

The Market

Simply To Go. Choose from sandwiches, salads, fresh fruit cups, drinks, or desserts all packaged to be convenient and transportable. Stop here and get a full meal fast.

Joe Stacks fixes your sandwich however you like it – choose your bread, meat, cheese, and toppings! Joe Stacks also proudly serves smoothies, hot and iced teas, and your favorite Starbucks coffee drinks.

Campus Walk

What is Wholly Habaneros? UMW’s own food truck will be on Campus Walk Monday through Friday serving up tasty Mexican cuisine. Enjoy tacos, burritos and much more! Accepts cash, credit card, Flex and EagleOne.

For hours of each restaurant visit umwdining.com
LIFE AT UMW IN THIS SECTION:

- Athletics
- Commuting Students
- Disability Resources
- Frequently Asked Questions
- Healthy U
  - Campus Recreation
  - Counseling and Psychological Services (CAPS)
  - Health Center
- Center for International Education
- Multicultural Student Affairs
- Honor System
- Judicial Affairs and Community Responsibility
Athletics

UMW is a member of the NCAA Division III and is renowned as one of the strongest broad-based programs in the nation. Of the 23 sports at UMW, 22 have competed in national championship events, and the Eagles have brought home national titles in four sports. As a charter member of the Capital Athletic Conference (CAC), the Eagles have won the CAC All-Sports Award 11 times in the 20-year history of the conference. UMW also has produced hundreds of All-America selections, and countless all-region and all-conference picks.

If you are interested in becoming part of the UMW athletics family as an athlete or member of the support staff, and have not been previously contacted, you should immediately call or email the head coach of your sport, listed at umweagles.com/staff. Most sports involve off-season training programs in the summer, and some fall sports require early arrival in August. As a candidate for a fall, winter, or spring sport (except softball), you must register for a 400-level physical education class in your sport(s) for the fall semester.

To meet athletic eligibility requirements, several mandatory forms must be completed and returned to your coach by Aug. 1, 2013. Consult umweagles.com and select "Athletic Training Forms" from the listing on the left. This information is required prior to participation in any tryout, practice, or game. No exceptions! In addition, each coach will send you an information package, which may include a questionnaire for your sport that must be completed and returned by the dates indicated.
Overnight housing:
In the event of severe weather, you may contact the Office of Residence Life to arrange for temporary overnight housing.

Disability Resources
The Disability Resources office works to eliminate barriers and create a welcoming and inclusive environment for all students, including students with disabilities. However, there may be classes, programs, or educational experiences in which you require accommodation due to a disability. To request accommodations, please submit documentation of your disability with our registration form to the Office of Disability Resources for review. Once our review is complete, you will be contacted via your UMW email for next steps. For the disability registration form and information on how to register, please see academics.umw.edu/disability/how-to-register. To learn more about documentation requirements, assistive technologies, services available, and frequently asked questions, please see academics.umw.edu/disability.

If you need accommodations in your residence hall, such as a wheelchair-accessible room or visual fire alarm, complete the housing accommodations application at academics.umw.edu/disability/accommodations/housing-accommodations, by May 15, 2013.

An orientation program to explain how services and accommodations work at UMW is offered to students with disabilities and their parents Aug. 22, 2013. Contact the Office of Disability Resources for information.
Love a good concert?  
Enjoy a good movie?  
Excited about traditions?

Student Activities and Engagement (SAE) is the place to go if you want to get involved on campus. SAE houses more than 120 different organizations that create events on campus – from weekly bingo in the Underground to major concerts in the Anderson Center. Class Council, GIANT Productions, the Student Government Association, and University Programming Council are just a few programming organizations that ensure there is always something fun to do on campus! Enjoy culture? Join one of the many cultural groups at UMW such as the African Student Union, the Jewish Student Association, and People for the Rights of Individuals of Sexual Minorities. Want to apply some of those things you learn in the classroom? Join one of our multiple academic-based clubs. You can find all of this and more at students.umw.edu/studentactivities.

Like getting a head start?

A special opportunity exists for a limited number of new students to sign-up for a four-day “pre-arrival” trip before the all-student move-in (with associated fee). See more details on page 11 and at students.umw.edu/fredericksburg-orientation.

Where may I worship?

In addition to Fredericksburg-area houses of worship, several campus ministries and clubs offer fellowship and activities to support students’ spiritual growth.

**Baptist Collegiate Ministry (Interdenominational)**  
Contact: connect@umwcenter.org; umwcenter.org

**Campus Christian Community**  
Contact: 540/373-9255

**Canterbury Club** (associated with Trinity Episcopal Church)  
Contact: info@umwcanterbury.com

**Catholic Campus Ministry**  
Contact: 540/373-6746; umwccm.org

**Encounter Club** (associated with Spotswood Baptist Church)  
Contact: eswauger@gmail.com; encounter647.org

**The Gathering** (interdenominational Christian club)  
Contact Student Activities for more information.

**Grace Campus Ministries** (affiliated with Grace Church)  
Contact: umw.gcm@gmail.com; gcofonline.org

**Intervarsity Christian Fellowship**  
Contact: ivmdub@gmail.com

**Islamic Student Association**  
Contact: isa.eagles@gmail.com

**Hillel** (Jewish)  
Contact: hillel@umw.edu

Love doing community service?

The Community Outreach and Resources office, better known as COAR, organizes service opportunities for students throughout the year. COAR is a branch of the Center for Leadership, Service, and Honor. COAR runs an average of 20 weekly ongoing programs that include tutoring and mentoring children and teens, building with Habitat for Humanity, working with the elderly and animals and working on environmental projects like tree plantings and stream restorations. In addition, COAR sponsors a variety of on campus service programs for the community such as a campus trick-or-treat in the fall and an egg hunt in the spring. Whether you want to volunteer on your own, or with a friend, club, hall, or team, COAR is a great place to start!
Healthy U

Campus Recreation

Students enjoy a comprehensive recreation program with something for everyone. Intramural sports events range from team leagues in basketball and flag football to retro events like dodgeball and kickball. Group fitness classes and a Wellness Resource Center are housed in the state-of-the-art Fitness Center along with cardiovascular, free weight, and circuit equipment. The Campus Recreation Field complex offers synthetic recreation field surfaces with advanced lighting for intramural and sport club use, softball and baseball diamonds, and a premier beach volleyball court.

The Eagle sport club program provides students the opportunity to compete in intercollegiate athletics locally, regionally, and nationally. It offers more structure and commitment than the intramural sports events, yet allows the student-athlete to dedicate less time than the intercollegiate varsity teams. UMW currently offers the following active sport clubs:

- Baseball
- Basketball (M&W)
- Boxing
- Cheerleading
- Canoe and kayak
- Color guard
- Cycling
- Fencing
- Field Hockey
- Lacrosse (M&W)
- Polo
- Rugby (M&W)
- Ski/Snowboard
- Soccer (M&W)
- Softball
- Swimming
- Tennis
- Terrapins (synchronized swimming)
- Ultimate (M&W)
- Volleyball (Coed/W)

Go to www.umw.edu/fitness for updates and forms to register for intramural sports.

Build up your body at the Fitness Center. Regular semester hours:
Monday-Friday
7 a.m. - 9:30 p.m.
Saturday
10 a.m. - 6 p.m.
Sunday
noon - 8 p.m.

Summer Session hours:
Monday-Friday
11 a.m. - 7 p.m.

Counseling and Psychological Services (CAPS)

Good health involves more than your body. Managing stress, attending to your emotions, developing as an individual, and building resilience all contribute to psychological well-being, an important part of staying healthy. CAPS offers brief individual therapy and group counseling to full-time degree-seeking students. Crisis intervention, consultation, educational programming, and referral services are open to the entire UMW community.

To make an appointment, call 540/654-1053 or stop by the CAPS office on the first floor of Lee Hall during regular business hours. CAPS is staffed by licensed professionals who are experienced in working with a wide array of issues that confront college students, from homesickness to social concerns to depression and anxiety. Services are free and confidential.
If you have recently been or are currently in therapy:

- Learn about the scope of our services – CAPS offers short-term therapy with no session limit and unlimited group therapy, crisis intervention, and consultation services.
- Develop a coping plan with your clinician that addresses your transition to college.
- Talk with your clinician about warning signs and helpful steps to take if your symptoms recur.
- Learn about resources at UMW and in Fredericksburg and how to access them. (Remember, freshmen may not bring cars, so please plan accordingly.)
- Talk with your doctor before making any medication changes and about medication refills. Don’t find yourself calling for a refill the day your prescription runs out!
- If you anticipate needing longer-term therapy or psychiatric services, CAPS can assist you in locating mental health resources in the community, including providers’ insurance information and their approaches to therapy. Be sure you have your health insurance information card; many insurance plans require that you use the services from their preapproved lists of providers for the charges to be covered.

Health Center

The UMW Student Health Center provides an array of services to assist students when they are ill, and to help them stay healthy through education, prevention, and self-care. Located on the first floor of Lee Hall, the center is open during regular business hours with a medical staff that includes a full-time physician, two nurse practitioners, and three registered nurses. After hours, you may call HealthLink (741-1000), a local nurse-triage service, for a phone consultation for no additional fee.

All full-time students are eligible to use the Health Center.

All incoming full-time students, whether residential or commuting, are required to submit to the Health Center by Aug. 1, 2013, a completed health history, tuberculosis screening, and immunization form signed by a health care provider. For more information and to download the form, please see “New Students” at students.umw.edu/healthcenter/, or call the Health Center at 540/654-1040. Completed forms should be mailed or faxed to:

University of Mary Washington, Student Health Center
1301 College Avenue, Fredericksburg, VA 22401
FAX 540/654-1077

IMPORTANT NOTE: Students who do not submit their health form to the Student Health Center by the due date will have a hold placed on their accounts and will not be able to register for second-semester classes until their completed form is turned in.
Center for International Education (CIE)

Every year, hundreds of University of Mary Washington students study abroad at some of the world’s most prestigious universities while earning credit toward their UMW degrees. The intercultural skills students acquire while abroad set them apart to potential employers and graduate schools, which are increasingly seeking globally educated, trained and experienced graduates. Likewise, every year UMW welcomes talented international students from all over the world, some as degree-seeking undergraduates and others who are themselves studying abroad for a semester or a year.

Through the CIE (Lee Hall, fourth floor), students have access to numerous opportunities to study, intern, research, or volunteer abroad. CIE works closely with faculty to develop, promote, and enroll students in UMW faculty-led and partner programs; organizes the annual education abroad fair; and regularly invites study-abroad providers to campus to inform UMW students about international opportunities.

CIE assists international students with immigration matters, practical matters (e.g., banking and billing questions, cellphone plans, health insurance), and pre- and post-graduation employment options. CIE also coordinates the InerLink Cultural Mentor program, providing each interested international student with a globally minded American counterpart to ease the transition to campus life.

Multicultural Student Affairs

The University of Mary Washington continually and actively seeks a rich blend of cultural diversity in its faculty and staff, students, curriculum, and activities. The James Farmer Multicultural Center, named after the prominent civil rights leader who taught at UMW, specifically focuses on the academic and social well-being of underrepresented students through programming, mentoring, and leadership opportunities. The center offers a variety of cultural programming including the highly respected Cultural Awareness Series. The series culminates with the spring Multicultural Fair, which attracts huge crowds to campus.
Honor System

The student-run honor system at UMW is a deeply cherished tradition founded upon the personal integrity of each individual member of the University community. It requires honorable conduct at all times and in all dealings with others, and is the basis for the sense of community that characterizes our campus. The system deals specifically with lying, cheating, and stealing in all their forms, and each student is required to verify acceptance of the honor system by signing the honor pledge. Violations of the honor code can result in temporary or permanent notations on the student’s transcript. The Honor Council office can be reached at 540/654-1144 or email honor@mail.umw.edu.

Judicial Affairs and Community Responsibility

The Office of Judicial Affairs and Community Responsibility (OJACR) plays a role in helping students to have the best possible living and learning experience at UMW. This is a community in which all students are asked to accept responsibility for their actions. The vast majority of our students consistently meet that expectation. However, when potentially disruptive or harmful situations arise – for example, irresponsible use of alcohol, serious interpersonal conflicts, sexual misconduct, vandalism, or noise disturbances – they need to be addressed. Through education, and through a student-centered hearing process, students learn that their behavior has an impact on others. Students whose experiences at UMW have been compromised by the behavior of others should view OJACR as a resource and as an advocate for their rights. OJACR can be reached at 540/654-1660 and is located in Marye House.

TIPS

Participate in all of the orientation week activities and keep your residence hall room door open – you’ll meet more people that way.

Get involved! Don’t be afraid to try something new just because you don’t know anyone else doing it. The possibilities are endless with sports, student government, and more than 100 clubs.

Become a tutor, lead others in community service, become a peer mediator or wellness educator. Participate in an “alternative” break.

Don’t stay up all night just because you can!
Welcome! Whether or not this is your first experience sending a son or daughter off to college, you are bound to have questions. This book is a resource to assist you over the next several months in finding answers to those questions.

The UMW Office of Alumni Relations has partnered with on-campus marketing and the campus post office to provide special-occasion cookie cakes, brownies, baked goods, and care packages for final exams. Proceeds from the program support a UMW Fredericksburg Network Scholarship. This is the only program endorsed by the University to provide cakes or exam “survival kits.” The unique delivery system allows you to include handwritten notes and ensures on-time notification and delivery. Letters and ordering information will be sent to UMW families at the beginning of the academic year.

**Absence from Class:** To make up missed work for absences of one or two days, students should contact each professor personally upon returning to class. For more lengthy absences, the student or his or her family may contact the Office of Academic and Career Services, which will work with you to notify all professors on your student’s schedule.

**Automobiles:** Because residential first-year students are not permitted to have vehicles at UMW, you may wish to investigate with your automobile insurance company the possibility of significant savings through two types of college student credits. “Lay-up credit” requires payment of only 10 percent of the regular liability premium based on a car that is not being used, and a 25 percent savings may be possible for “children away at school” for those on their parents’ policies who are attending a school more than 150 miles from home.

**EagleOne Account:** Deposits may be made to your student’s account 24/7 by visiting adminfinance.umw.edu/eagleone.

**Family Weekend:** This occasion gives families and friends of UMW students an opportunity to visit the campus and spend time together while getting an inside look at the University’s academic, social, and athletic activities.

**FERPA (Family Educational Records and Privacy Act):** Unless your student signs the “Student Consent for Release of Information” form and checks the box for “Official Grade Reports,” you will not receive information about your student’s grades. This consent form is available in the Office of the Registrar, Lee Hall, second floor. Faculty and UMW staff are also restricted in the information they may share with you about how your student is doing in a particular course and other academic areas, even if you are financially responsible for the student. This is not a University policy. This is a requirement of FERPA, a federal law. For more information about FERPA, visit the Office of the Registrar online at academics.umw.edu/registrar or the U.S. Department of Education online at ed.gov/policy/gen/guid/fpco/index.html.

**Notification of Parents/Guardians:** To the extent allowed by federal law, the dean of student life will contact parents or guardians of students who are found responsible through the judicial process for an intoxication violation, or who accumulate two minor alcohol violations*.

In most cases, a student’s judicial records are not disclosed to anyone outside the University, including parents, unless the student has signed the “Student Consent for Release of Information” form and checked the box for “Information Concerning Student Conduct/Disciplinary Actions and Their Consequences.”

*Notification also occurs when a student has violated UMW’s Drug Policy.
Parent Leadership Circle: The UMW Parent Leadership Circle is a group of active Mary Washington parents who provide outreach for the University. Members help inform fellow parents of the importance of supporting UMW, and they choose to support the University with an annual leadership-level gift. For more information, visit giving.umw.local/immediate-impact/parents.

Parking: When visiting your student during the academic year, please use the visitor spaces near George Washington Hall or Level 4 of the Alvey Drive parking deck. An overnight guest must obtain a visitor dash pass from Parking Management, Lee Hall, or UMW Police, Brent Hall (after office hours). adminfinance.umw.edu/parking

UMW Police – Safety and Security: The campus is protected by its own police officers, 24 hours a day all year, including holidays and breaks. The UMW PD is a full-service law enforcement agency with a range of programs from Adopt-A-Hall, which offers crime prevention tips and personal security seminars, to free licensed RAD (Rape Aggression Defense) courses. The PD also operates an on-campus safety escort in the evenings, and students may request a ride from outlying parking areas or an escort to their residence hall.

UMW has fire detection and alarm systems in all buildings. Smoke detectors are in the hallways, stairwells, and rooms of residence halls. Each hall has three fire drills each semester to ensure that everyone knows how to be safe during a fire emergency. Fire safety violations such as false alarms or tampering with fire extinguishers are taken very seriously and may result in severe disciplinary action such as suspension or loss of housing privileges in addition to responsibility for the cost of damages.

Student Employment: Approximately 25 percent of UMW students work on campus, each earning an average of $1,545 each per school year. The Office of Financial Aid provides information to students interested in employment on campus. Students wanting information about employment in the campus dining hall, Eagle’s Nest, or catering operation should contact UMW Dining Services.

Study Skills and Tutoring: The Office of Academic and Career Services offers seminars and a series of workshops on topics such as note taking, time management, textbook reading, and other important study concerns. It also coordinates a peer tutoring program for students who need a refresher or extra help in their courses. More information is available at academics.umw.edu/academicservices/study-skills/study-skills-signup/ and academics.umw.edu/academicservices/tutoring-services.

Limited housing options are available during Thanksgiving, winter, and spring breaks for international and out-of-state students, but only for those who apply by the communicated deadline. Students should contact the Office of Residence Life to investigate possible housing options for breaks.
BANNER – an online administrative system accessed via the EagleNet Portal that provides personal information and transactions such as:
- registration for classes during appointed times
- modification and view of current classes and registration holds
- unofficial transcript with final grades for completed classes, term GPA, and cumulative GPA
- view of transferred credits from other institutions
- retrieval of mailbox number and combination
- view of meal plan selection

BALL CIRCLE – grassy area across from Lee Hall frequented by flag football players and sunbathers

BATTLEGROUND – athletic complex one block from campus, home to the outdoor varsity teams, rugby teams, track, and indoor and outdoor tennis complexes

BEACH – lawn area between Mason and Randolph halls frequented by Frisbee players and sunbathers

BLUE LIGHTS – emergency lights located on campus with phones that are directly connected to UMW Police

The BULLET – student-run weekly newspaper

CAMPUS WALK – large brick walkway through the center of campus with lots of benches and great gathering places

CANVAS – online course management system that provides course information such as notes, grades, assignments, and class announcements. Use varies by professor. May be accessed through EagleNet, through the QuickLinks at the top of the UMW home page, or via canvas.umw.edu.

CENTRAL PARK – 310-acre shopping area located west of campus on Route 3, with more than 100 stores (Target, Wegmans, Walmart, Old Navy, etc.) and many national chain restaurants

CHEAP SEATS CINEMA – shows latest blockbuster movies on weekends for $1

CLASS COUNCIL – organization charged with maintaining UMW traditions

CLUB CARNIVAL – biannual event held the first week of each semester, during which students can find out about clubs and organizations

COAR – Community Outreach and Resources, run by students who coordinate volunteer activities on and off campus and service-learning programs

DODD – auditorium in GW Hall, home to many UMW traditions, concerts, and $1 movies

DOUBLE DRIVE – U-shaped driveway located off College Avenue at the main gates of the University; also known as GW Circle

DOWNTOWN – located within walking distance of campus, featuring shops, restaurants, and historic sites

EAGLE – UMW mascot

EAGLE VILLAGE – a residential and retail mixed-use village for townspeople, students, and faculty to shop, live, work, and enjoy entertainment facilities. EAGLE LANDING is the residence hall at Eagle Village.
EagleNet PORTAL – important source for UMW information; located at EagleNet.umw.edu

EagleOne – relates to EagleOne card, or funds deposited in EagleOne account

EaglePAY – online billing and payment system; located in EagleNet Portal

eSUDS – online laundry monitoring system used in most residence halls

FLEX – (n.) extra money that comes with your meal plan to use at the Eagle’s Nest or Seacobeck; (v.) to use your flex dollars to pay for yourself or someone else, ex. “I’ll flex you today.”

FOUNTAIN – social center of campus, located in Palmieri Plaza

FRED – bus system that can take you almost anywhere you need to go in Fredericksburg

GIANT – a student organization that provides concerts and other entertainment for the campus throughout the year

GW – George Washington Hall, home to Dodd Auditorium and the offices of the president and others

HONOR COUNCIL – promotes awareness of and adherence to the honor system and assesses violations related to lying, cheating, or stealing

HOTLINE – extensions to call for University schedule updates (654-2424) and athletic schedule updates and team results (654-1869)

IT HELP DESK – provides assistance with computers and technology (654-2255)

JEFFERSON SQUARE – lawn between Jefferson, Bushnell, and Combs halls

JRB – Judicial Review Board holds hearings and issues sanctions regarding violations of the community standards, such as alcohol offenses or property damage

LEE HALL – houses essential student services, The University Bookstore, and The Underground

Mdub – otherwise known as Mary Washington

NEST – nickname for the Eagle’s Nest food court in Woodard Campus Center

SAE – Office of Student Activities and Engagement; helps students plan events, start a club, request club funding, approve fliers, and more

SEACO – nickname for Seacobeck Hall, the main campus dining facility

SGA – Student Government Association, which includes the Honor Council, JRB, Legislative Action Committee, Academic Affairs Council, Association of Residence Halls, Senate, and Commuting Student Association

SPIRIT ROCK – boulder near the Campus Center on which students may paint messages

The UNDERGROUND – student programming facility that hosts events nearly every night of the week

UMWQEP – 2013 Quality Enhancement Plan: UMW’s First-Year Seminar: Research, Write, Speak

WEBMAIL – email system provided for students and faculty

WMWC – student-run radio station webcasting at wmwc.umwblogs.org
Directions to Campus

Once in Fredericksburg

To Ball, Custis, Madison, Marshall, Russell, Virginia, or Willard halls

From Route 3: Turn left onto William Street (Route 3 East-Business) at the intersection of Route 3 and the Blue-Gray Parkway. This will be the sixth traffic light past I-95. Continue on William Street one block past College Avenue and turn left at the next intersection onto Sunken Road.

From U.S. Route 1: Turn onto College Avenue at the traffic light by the Eagle Village Shopping Center. Continue to William Street and turn left. Continue one block and turn left at the next intersection onto Sunken Road.

To find Marshall Hall or Russell Hall from Sunken Road: Make the first left into Marshall parking lot or the second left into Russell parking lot.

To find Ball, Custis, Madison, Virginia, or Willard halls from Sunken Road: Follow Sunken Road to the University’s main rear gate, turn left, and follow the road up the hill. At the top of the hill, bear to the right – do not enter the circle. Follow that road until you reach Woodard Campus Center. University personnel will direct you from there.

To Alvey or Arrington halls

From U.S. Route 1: traveling north: Make the first right past College Avenue onto Alvey Drive.

To Bushnell, Framar, Jefferson, Mason, Randolph, South, or Westmoreland halls

From Route 3: Turn left onto William Street (Route 3 East-Business) at the intersection of Route 3 and the Blue-Gray Parkway. This will be the sixth traffic light past I-95. Continue on William Street about one-half mile and turn left onto College Avenue.

From U.S. Route 1: At the traffic light by the Eagle Village Shopping Center, turn onto College Avenue.

To find Mason, Jefferson, Randolph, Bushnell, or Westmoreland halls from College Avenue: Proceed to the University’s main gate (located at a traffic light). Turn onto Double Drive. University personnel will direct you from there.

To find South Hall or Framar Hall from College Avenue via Route 3: From College Avenue, take an immediate right into Jefferson parking lot.

To find South Hall or Framar Hall from College Avenue via U.S. Route 1: From College Avenue, proceed through the traffic light at Double Drive and take an immediate left into Jefferson parking lot.

To Eagle Landing

From U.S. Route 1: Turn into the Eagle Village Shopping Center. Follow the road straight until you come to a stop sign. Take a right and pull into the parking deck for check-in at Eagle Landing. It is very important to avoid parking (even for a moment) in the customer parking lot near Eagle Landing.
WHERE DO YOU THINK BEST?