

# EAGLE ESSENTIALS



UNIVERSITY OF  
MARY WASHINGTON

*where great minds get to work*



*where great minds get to work*

# NOTES

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# WELCOME TO UMW

## IN THIS SECTION:

- Calendar **Red-Letter Dates**
- Contacts
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- Technology



# WELCOME

## 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!

You are now connected to a whole new world. To get started, set up your UMW NetID and student email account at **[technology.umw.edu/new/new-student-account-setup](http://technology.umw.edu/new/new-student-account-setup)**.

For updates throughout the summer, visit the Eagle Gateway portal in **myUMW**. There you will be able to access your class schedule, financial aid information, student accounts, and more.



### **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.



# Calendar **Red-Letter Dates**

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, 2015**, 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:**

- |   |                |
|---|----------------|
| <input type="checkbox"/> NetID Available Online   | <b>Feb. 16</b> |
| <input type="checkbox"/> Final Grades or Transcripts                                      | <b>July 1</b>  |
| <input type="checkbox"/> Parent and Family Information Form                               | <b>July 15</b> |
| <input type="checkbox"/> Textbook Reservation Program                                     | <b>July 23</b> |
| <input type="checkbox"/> Health History, Tuberculosis Screening, Immunization Record Form | <b>Aug. 1</b>  |
| <input type="checkbox"/> New Student Arrival and Welcome                                  | <b>Aug. 20</b> |

## **ACADEMIC CALENDAR**

Residence Halls Open (new students)\*  
 Residence Halls Open (returning students)  
 Classes Begin  
 Last Day to Add Courses  
 Course-Drop Deadline (without a "W" grade)  
 Family Weekend  
 Fall/Spring Break  
 Homecoming Weekend  
 Individual Course Withdrawal Deadline  
 Advance Registration  
 Thanksgiving Break  
 Classes End/Last Day to Withdraw from UMW  
 Reading Days  
 Final Exams  
 Commencement  
 Residence Halls Closed

## **FALL**

**Aug. 20**  
**As assigned**  
**Aug. 24**  
**Aug. 28**  
**Sept. 11**  
**Sept. 18 - 20**  
**Oct. 9 (5 p.m.) - 13**  
**Oct. 23 - 24**  
**Oct. 23**  
**Oct. 26 - Nov. 6**  
**Nov. 25 - 29**  
**Dec. 4**  
**Dec. 5 - 6**  
**Dec. 7 - 11**  
  
**Nov. 25 - 29**  
**Dec. 12 - Jan. 10**

## **SPRING**

**Jan. 8**  
**Jan. 10**  
**Jan. 11**  
**Jan. 15**  
**Jan. 29**  
  
**Feb. 26 (5 p.m.) - March 6**  
  
**March 11**  
**March 21 - April 1**  
  
**April 22**  
**April 23 - 24**  
**April 25 - 29**  
**May 7**  
**Feb. 26 (5 p.m.) - March 6 (2 p.m.)**  
**April 30 (except for graduates)**  
**May 8 (for graduates)**

\*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.

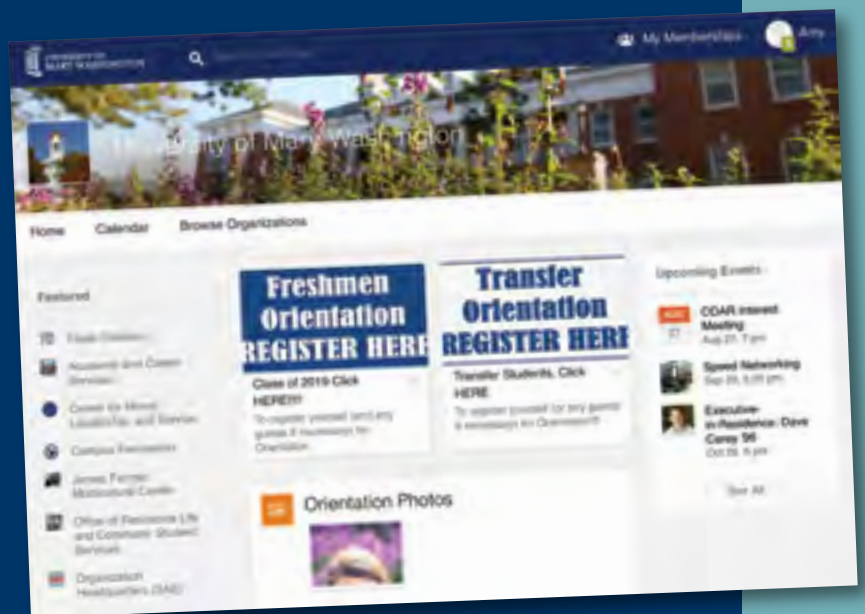
Office	Phone/Fax (Area code 540)	Website
General Information	654-1000	<a href="http://umw.edu">umw.edu</a>
Academic and Career Services	654-1010	<a href="http://academics.umw.edu/academicandcareerservices">academics.umw.edu/academicandcareerservices</a>
Admissions	654-2000	<a href="http://admissions.umw.edu">admissions.umw.edu</a>
Athletics	654-1039	<a href="http://umweagles.com">umweagles.com</a>
Bookstore	654-1017	<a href="http://umw.edu/bookstore">umw.edu/bookstore</a>
Business Services	654-1009	<a href="http://adminfinance.umw.edu/business-services">adminfinance.umw.edu/business-services</a>
Campus Recreation	654-1732	<a href="http://students.umw.edu/recreation">students.umw.edu/recreation</a>
Cashier's Office	654-1251 or 1247	<a href="http://adminfinance.umw.edu/cashier">adminfinance.umw.edu/cashier</a>
Center for Honor, Leadership & Service	654-2272	<a href="http://students.umw.edu/chls">students.umw.edu/chls</a>
Center for International Education	654-1434 or 1870	<a href="http://international.umw.edu">international.umw.edu</a>
Community Service	654-1122	<a href="http://coar.umwblogs.org">coar.umwblogs.org</a>
Counseling Services	654-1053	<a href="http://students.umw.edu/caps">students.umw.edu/caps</a>
Dining Services	654-1928	<a href="http://umwdining.com">umwdining.com</a>
Disability Resources	654-1266	<a href="http://academics.umw.edu/disability">academics.umw.edu/disability</a>
EagleOne ID Center	654-1005	<a href="http://adminfinance.umw.edu/eagleone">adminfinance.umw.edu/eagleone</a>
Financial Aid	654-2468	<a href="http://adminfinance.umw.edu/financialaid">adminfinance.umw.edu/financialaid</a>
Health Center	654-1040 or 1077	<a href="http://students.umw.edu/healthcenter">students.umw.edu/healthcenter</a>
IT Help Desk	654-2255	<a href="http://technology.umw.edu/helpdesk">technology.umw.edu/helpdesk</a>
Libraries	654-1125	<a href="http://libraries.umw.edu">libraries.umw.edu</a>
Multicultural Center	654-1044 or 1782	<a href="http://students.umw.edu/multicultural">students.umw.edu/multicultural</a>
Parking Management	654-1129	<a href="http://adminfinance.umw.edu/parking">adminfinance.umw.edu/parking</a>
Post Office	654-1049	<a href="http://adminfinance.umw.edu/mail">adminfinance.umw.edu/mail</a>
Registrar	654-1063	<a href="http://academics.umw.edu/registrar">academics.umw.edu/registrar</a>
Residence Life/Commuter Student Services	654-1058 or 1527	<a href="http://students.umw.edu/residencelife">students.umw.edu/residencelife</a>
Speaking Center	654-1347	<a href="http://academics.umw.edu/speaking/speaking-center">academics.umw.edu/speaking/speaking-center</a>
Student Accounts	654-1250 or 1289	<a href="http://adminfinance.umw.edu/studentaccounts">adminfinance.umw.edu/studentaccounts</a>
Student Activities & Engagement	654-1061	<a href="http://students.umw.edu/studentactivities">students.umw.edu/studentactivities</a>
Student Employment	654-2468 or 1685	<a href="http://adminfinance.umw.edu/financialaid">adminfinance.umw.edu/financialaid</a>
Study Skills/Tutoring	654-1010	<a href="http://academics.umw.edu/academicandcareerservices">academics.umw.edu/academicandcareerservices</a>
University Hotline	654-2424	
University Police	654-1025	<a href="http://umw.edu/police">umw.edu/police</a>
Emergency	4444	From Fredericksburg campus phones only From cell, dial 540/654-4444
Veterans Resource Center	654-5995	<a href="http://students.umw.edu/veterans">students.umw.edu/veterans</a>
Writing Center	654-1036	<a href="http://academics.umw.edu/writing-fredericksburg">academics.umw.edu/writing-fredericksburg</a>

An electronic version of this list may be found in the Eagle Gateway portal on myUMW.



OrgSync is the easiest way for YOU to find out what's happening at UMW! Check out 140+ organizations, plan your social calendar, track your service hours and activities, upload and view pictures and videos...the list goes on and on! It's simple to get started. Just follow the steps below and connect with your friends and UMW.

1. Visit **umw.edu**.
2. Look in the upper left hand corner and select myUMW.
3. Use your NetID and password to sign in! Visit student activities and engagement to find out more about myUMW!







# EagleOne Card

Your official UMW identification card is called the EagleOne card. You may submit your photo through the Eagle Gateway portal on myUMW from June 29-July24 and pick up your card once you're here in the Fall. You may also stop by the EagleOne Card Center in Lee Hall to have your photo taken and receive your card. Visit [adminfinance.umw.edu/eagleone](http://adminfinance.umw.edu/eagleone) for more details. Please note, you must bring a valid, government-issued photo ID in order to receive your EagleOne card.

The card has myriad 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 Simpson Library and pay library fees
- ✓ use at campus dining facilities and check meal plan and balance information
- ✓ use as a debit card with 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, University Tennis Center, and all dining operations
- ✓ 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

Funds can be added to your EagleOne account 24/7 online ([adminfinance.umw.edu/eagleone](http://adminfinance.umw.edu/eagleone)), by mail, or at the Cashier's Office and 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 card anywhere you see the EagleOne logo.



## If you lose your card...

All lost cards should be deactivated immediately in person at the EagleOne Card Center during normal business hours or online 24/7.

If you are a residential student, you should also deactivate your card at the UMW Police Station (Brent House).



# Technology

As a UMW student, you'll find that having a computer is essential to a successful academic career. See our [technology.umw.edu/new](http://technology.umw.edu/new) page for more information on suggested computer configurations and things to look for if you are buying a new computer. The UMW Bookstore website [umw.edu/bookstore](http://umw.edu/bookstore) also includes links to computer vendors providing student discounts.

Many technologies are available to students across UMW, including wireless Internet access, computer labs equipped with specialized software and printers, and a vast array of web resources. The new state-of-the-art Information and Technology Convergence Center (ITCC) provides multimedia production equipment for checkout, professional audio and video production workstations, a high-end video production studio with green screen capabilities, and electronic team collaboration systems for group work.

The web houses many resources you will use as a student, including research databases, UMWblogs for web publishing, and the "Domain of One's Own" initiative, where you can claim your own web domain and hosting space. Canvas, our online learning system, is used by many UMW faculty as an integral part of their courses. See [technology.umw.edu/new](http://technology.umw.edu/new) for details on these systems and how to get access.

Students living in residence halls have Internet and television services included as part of their room and board fees. ResNet, provided by Apogee, delivers wired and wireless Internet service for your computers, printer, gaming systems, and mobile devices. Premium services are available at an additional cost. To see the available services, check out [technology.umw.edu/new](http://technology.umw.edu/new). You will set up your ResNet account when you move in to your residence hall.

Finally, getting technology help when you have questions is as simple as contacting the IT Help Desk at 540/654-2255, [helpdesk@umw.edu](mailto:helpdesk@umw.edu), or [technology.umw.edu/helpdesk](http://technology.umw.edu/helpdesk). If we can't help you, we will do our best to direct you to the person or office that can. Info about Help Desk services, including service hours and after-hours resources, is available on the website.

## You Have Questions? We Have Answers!

See the New Student FAQ at [technology.umw.edu/new](http://technology.umw.edu/new).

## Avoid Password Confusion

Students have multiple accounts and passwords at UMW – one password works with your UMW NetID, another works with your student email, and another for residential students to access the ResNet in your residence hall. Visit [password.umw.edu](http://password.umw.edu) for assistance and info about your accounts and passwords.

## Set Up Your Security Questions

Students are urged to set up security questions that will enable you reset your UMW NetID password on your own. If you don't, you'll need to contact the Help Desk during business hours for a password reset – not convenient the night before a big exam when the Help Desk is closed. Visit [password.umw.edu](http://password.umw.edu) to set up your security questions today!

## I Need Wireless!

UMW has wireless Internet service in every building on campus. Information on how to connect and which network is best for you to use is available at [technology.umw.edu/new](http://technology.umw.edu/new).

## Protect Your Account and Identity

UMW will **NEVER** ask you to provide Social Security numbers, passwords, or other private information via email. Phishing email tries to trick you into giving up that info. If you ever question the legitimacy of an email or information requested, contact the Help Desk, or forward the message to [abuse@umw.edu](mailto:abuse@umw.edu).



# NEW STUDENT ARRIVAL AND PROGRAMS

## IN THIS SECTION:

- Your Next Steps
- Move In Tips
- Common Reading
- NEST (Early Arrival Program)
- Welcome Week



# Your Next Steps

**New Student Arrival and Welcome** begins on August 20th and encompasses several different programs to make your transition onto the UMW campus a seamless one. Residential students can move into their assigned residence halls from 8-11:30 a.m. on Thursday, August 20. After students and families say goodbye to one another, students will begin three days of the new student welcome experience! Our newest Eagles can expect to be introduced to the UMW campus with a variety of programs, social events, and opportunities for faculty and staff connection. You'll learn about what it means to be an Eagle, find out how to navigate your way on campus, get to know more about your department and, of course, have a lot of fun!

## WELCOME WEEK! **Thursday, Aug. 20, 8 a.m. - 11:30 a.m.**

### Move-In Tips:

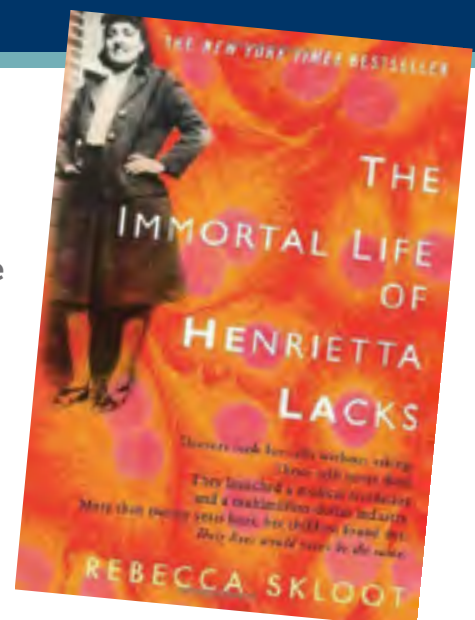
- Keep your vehicle on paved areas only unless directed otherwise by UMW staff. When your vehicle is empty, move it off campus so others may move closer.
- Ask the move-in crew for help carrying items – they are there to help!
- It can be very warm in August. Dress appropriately!

### Welcome Activities:

- Meet the Leaders BBQ
- Club Carnival
- Professors, Syllabi, Oh My! Learn to Navigate the Classroom
- RecFest
- Tom DeLuca: Hypnotist
- Cross Cultural BBQ
- Speed Networking with the College of Business

## Common Reading

Each new student will receive at Orientation a copy of *The Immortal Life of Henrietta Lacks* to read over the summer. This will serve as the foundation of a shared intellectual experience that will continue at New Student Arrival with Common Reading discussions.





# 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. 16-19** 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.** To register and learn more, visit **[students.umw.edu/chls/n-e-s-t](https://students.umw.edu/chls/n-e-s-t)** or call 540/654-2272.



## JOIN US FOR UMW'S WELCOME WEEK!

Welcome Week is for all students at UMW looking to get involved and connected around campus. Whether a freshmen, senior, or anywhere in between, you can attend sessions to learn how to navigate the classroom, join a campus club, create potential internship or career opportunities, get your workout on, and more! Look for the Welcome Week schedule in your residence hall room on move in day, at hot spots around campus or at **[students.umw.edu/welcome](https://students.umw.edu/welcome)**.

# Getting Involved at UMW



## Concerts! Movies! Traditions!

Student Activities and Engagement (SAE) is the place to go if you want to get involved on campus. More than 140 different organizations create events – from weekly bingo to major concerts. Want to apply some of those things you learn in the classroom? Join one of our multiple academic-based clubs. You can find information about all of this and more at [students.umw.edu/studentactivities](http://students.umw.edu/studentactivities).

## Love community service?

The Community Outreach and Resources office, (COAR), organizes service opportunities for students. COAR is part of the Center for Honor, Leadership, and Service, and has nearly 20 weekly ongoing programs that include tutoring and mentoring children and teens, building with Habitat for Humanity, spending time with the elderly and animals, and working on environmental projects. In addition, COAR sponsors on-campus service programs for the community such as a trick-or-treat in the fall and an egg hunt in the spring. Whether volunteering on your own or with a group, COAR is a great place to start!

## Arts at UMW

Whether you take a studio art class, join the orchestra, audition for a play, or sing and dance, you can be part of a vibrant aspect of life at UMW. Contact Prof. Gregg Stull ([gstull@umw.edu](mailto:gstull@umw.edu)) about theater, dance, or music; or Prof. Carole Garmon ([cgarmon@umw.edu](mailto:cgarmon@umw.edu)) about studio art or art history.

## Where can I worship?

Where can I worship? In addition to local services, several campus ministries and clubs offer fellowship and activities to support students' spiritual growth.

### **Baptist Collegiate Ministry** *(Interdenominational)*

Contact: [connect@umwcenter.org](mailto:connect@umwcenter.org); [umwcenter.org](http://umwcenter.org)

### **Campus Christian Community**

Contact: 540/373-9255

### **Encounter Club** *(associated with Spotswood Baptist Church)*

Contact: [eswauger@gmail.com](mailto:eswauger@gmail.com); [encounter647.org](http://encounter647.org)

### **The House Episcopal & Lutheran Campus Ministry**

*(associated with Trinity Episcopal Church)*

Contact: [facebook.com/thehouseelcm](https://facebook.com/thehouseelcm)

### **InterVarsity Christian Fellowship**

Contact: [ivmdub@gmail.com](mailto:ivmdub@gmail.com)

### **Islamic Student Association**

Contact: [isa.eagles@gmail.com](mailto:isa.eagles@gmail.com)

### **Hillel** *(Jewish)*

Contact: [hilleljsa.umwblogs.org](http://hilleljsa.umwblogs.org)

### **New Life College Connection**

Contact: [umwnewlife.wordpress.com/](http://umwnewlife.wordpress.com/)

### **St. Philomena's Table Ministry**

Contact: [cmason2@mail.umw.edu](mailto:cmason2@mail.umw.edu)

### **Young Life**

Contact: [umwyounglifecollege@gmail.com](mailto:umwyounglifecollege@gmail.com)



# ACADEMICS FIRST

## IN THIS SECTION:

- Academic Planning and Advising
- First-Year Seminar
- Academics Q&A
- General Education Requirements
- Simpson Library
- Academic and Career Services
- Tutoring and Academic Success Seminars



# Academic Planning and Advising

## TIPS

### 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), and 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 Eagle Gateway Portal on myUMW 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 exam scores are missing, bring copies of the test results with you to your June orientation session. They will help during your advising meeting where you will complete the registration process. Student success coordinators and faculty will be on hand to assist you.

**First-Year Students:** Prior to your arrival, you completed your First Year Student Questionnaire, which we used to enroll you in your First Year Seminar and two additional courses. During Orientation you will work with an advisor to review those courses and add at least two more to your schedule while also learning about our general education program and how to use UMW's online course registration system.

**Transfer Students:** You can register for classes beginning April 6. After paying your deposit, call Academic and Career Services at 540/654-1010 to schedule an appointment (in person or by phone) with a Student Success Coordinator who will prepare you to register for your first semester and understand UMW degree requirements and academic expectations.



*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.*



**UMWQEP**  
Quality Enhancement Plan

## First-Year Seminar

First-year seminar courses introduce students to the pursuit of intellectual inquiry. Seminars are designed to let you interact with outstanding faculty members while exploring nontraditional topics in nontraditional ways. One first-year seminar is required during your first semester on campus as part of UMW's general education program. (Transfer students are not required to take a first-year seminar.) Specific topics will vary from course to course, but all promise...

- college as you imagined it: a life of the mind taught by 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

UMW's new quality enhancement plan puts greater emphasis on the skills students develop as part of their FSEM experience. You'll engage through online learning and with specialized staff and peer tutors in the library, Speaking Center, and Writing Center.

# ACADEMICS:

## Questions & Answers



You will complete your class registration during summer orientation.

Your **student success coordinator** is your academic coach until you declare a major.

**Who is my academic advisor?** Faculty and student success coordinators (SSCs) from the Office of Academic and Career Services will assist you during your orientation session with the completion of your course schedule. These individuals will continue to advise you during your first year at UMW.

**What courses should I think about taking as a freshman?** Our staff will have preregistered you for a few courses based on the interests you identified in the First Year Student Questionnaire. Beyond those courses, you should explore other electives or general education requirements to complete your schedule. The New Student Guide (**academics.umw.edu/academicandcareerservices/new-student-guide**), hosted on the Academic and Career Services website (**academics.umw.edu/academicandcareerservices/**), offers some advice on choosing courses. We recommend that you register for no more than 16 credits your first semester. Keep in mind you must take a first-year seminar at this time, too. The Undergraduate Academic Catalog and your advisor are your best resources as you plan your course schedule. Student athletes should avoid scheduling classes during practice times.

**What are living-learning communities?** At UMW, **living-learning communities** (LLCs) offer an exciting and rewarding blend of academics and student life. Students in LLCs immerse themselves in an environment with like-minded individuals by taking at least one class together and living in a setting that offers out-of-classroom experiences facilitated by an upper-class mentor. Out-of-classroom activities may include volunteer work, excursions, and meetings with experts in related fields, encouraging students to learn alongside

faculty. LLCs at UMW offer a truly unique opportunity for academic engagement.

**What will I need to bring to my academic advising meeting at orientation?** For a productive meeting, bring any information you have regarding Advanced Placement (AP), International Baccalaureate (IB), and/or Cambridge exams that you have taken. You should also come prepared to talk about both your academic interests and your plans for co-curricular activities, including study abroad, internships, athletics, student government, and so forth.

**Can I adjust my schedule after orientation? What about those courses I was preregistered for? Can I adjust those?** Absolutely! The courses you were preregistered for were selected based on the responses on your First Year Student Questionnaire. But we understand that things change. You can adjust, but we suggest that you do it in consultation with your advisor.

**Can I declare my major? What if I declare but change my mind later? What about minors?** New students are undeclared when they enter the University. Once a student has earned 28 credits, he or she can declare a major. To declare a major, complete the **PDF form**. Then go to the department chair of the appropriate academic department who will assign you a major advisor. Declaring a minor is done with the same form. You can always change your mind about the major you select. In doing so, we urge you to speak with an advisor.

**I'm struggling a bit. Where do I go for help?** First, you should **always** think of your professor as your most valuable resource. Every professor has office hours when you can ask for assistance. These hours are listed on the course syllabus. Many options for **tutoring** are available through the Office of Academic and Career Services. Stop by Lee Hall for more details. The **Writing Center** offers help with writing projects for your classes



and beyond. The **Speaking Center** offers help with communication skills through videotaped practice presentations and feedback, and the **Digital Knowledge Center** provides assistance with a wide range of digital projects and assignments. These centers are in the new Information and Technology Convergence Center, Room 429.

**I heard that I can take a class pass/fail. What does that mean?** Classes taken pass/fail earn you credits when you pass but affect your GPA only if you fail. You may take any class pass/fail, but there are guidelines. All classes that you wish to use to satisfy general education requirements (including speaking or writing intensive) and major or minor requirements, must be taken for a standard grade. The exceptions are some experiential learning classes. You may take as many as eight pass/fail classes – limited to one per semester. The deadline to

switch a class from graded to pass/fail is the end of the ninth week of the semester.

**I'm in over my head. How do I get out of a class?**

You have three options. Students can drop a class during the first three weeks of the semester. When you drop a class, it is removed completely from your official academic record. After the third week, students can withdraw from an individual class through the ninth week of the semester – the same as the deadline to switch a class to pass/fail. In this case, the student receives a grade of W on his or her transcript. This does not affect the student's GPA. Until the last day of classes, a student can withdraw from the University. In this case, the student receives a grade of W for every course, and there is no effect on the student's GPA.



Students and parents are urged to enroll in the University's free emergency notification system: UMW Alerts. This will be the primary (but not the only) system used in case of emergencies. Sign up at [alert.umw.edu](http://alert.umw.edu).

# 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 meeting them. For complete details, see the *Undergraduate Academic Catalog*, available online.

## 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 course must be selected from 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 work)
- 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)



# Simpson Library

Conveniently located on Campus Walk, Simpson Library provides 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 400,000 volumes and 65,000 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, movies on DVD, and 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](http://libraries.umw.edu).

## Academic and Career Services: **World Ready**

- counseling sessions to help you choose a major and explore related career fields;
- structured advice on careers and graduate schools so that you know your options;
- networking opportunities through specialized and general career fairs on campus to help you make connections early;
- résumé and etiquette workshops on campus to keep you prepared.

## **Tutoring** and **Academic Success Seminars**

**Peer tutors** are provided by appointment for many lower-level courses. A variety of faculty-recommended websites with lessons, quizzes, and tips can be found at [academics.umw.edu/academicandcareerservices/tutoring](http://academics.umw.edu/academicandcareerservices/tutoring).

**Academic success seminars** provide students with tools for success in their academic endeavors. Seminar topics include time management, study and note-taking skills, test anxiety, and test preparation. Every seminar includes a short presentation, an interactive activity, and a takeaway. Dates and locations of upcoming seminars can be found on the OACS website ([academics.umw.edu/academicandcareerservices/focus-seminars](http://academics.umw.edu/academicandcareerservices/focus-seminars)), where you can also register to attend.

# 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. There's no transaction fee for BB&T accounts. The fee is \$2 for accounts through other banks.

There are a number of financial institutions in the vicinity of campus to meet student banking needs.



## Textbook Reservation Program

Look for additional information in the Eagle Gateway portal on myUMW or at [umw.edu/bookstore](http://umw.edu/bookstore).

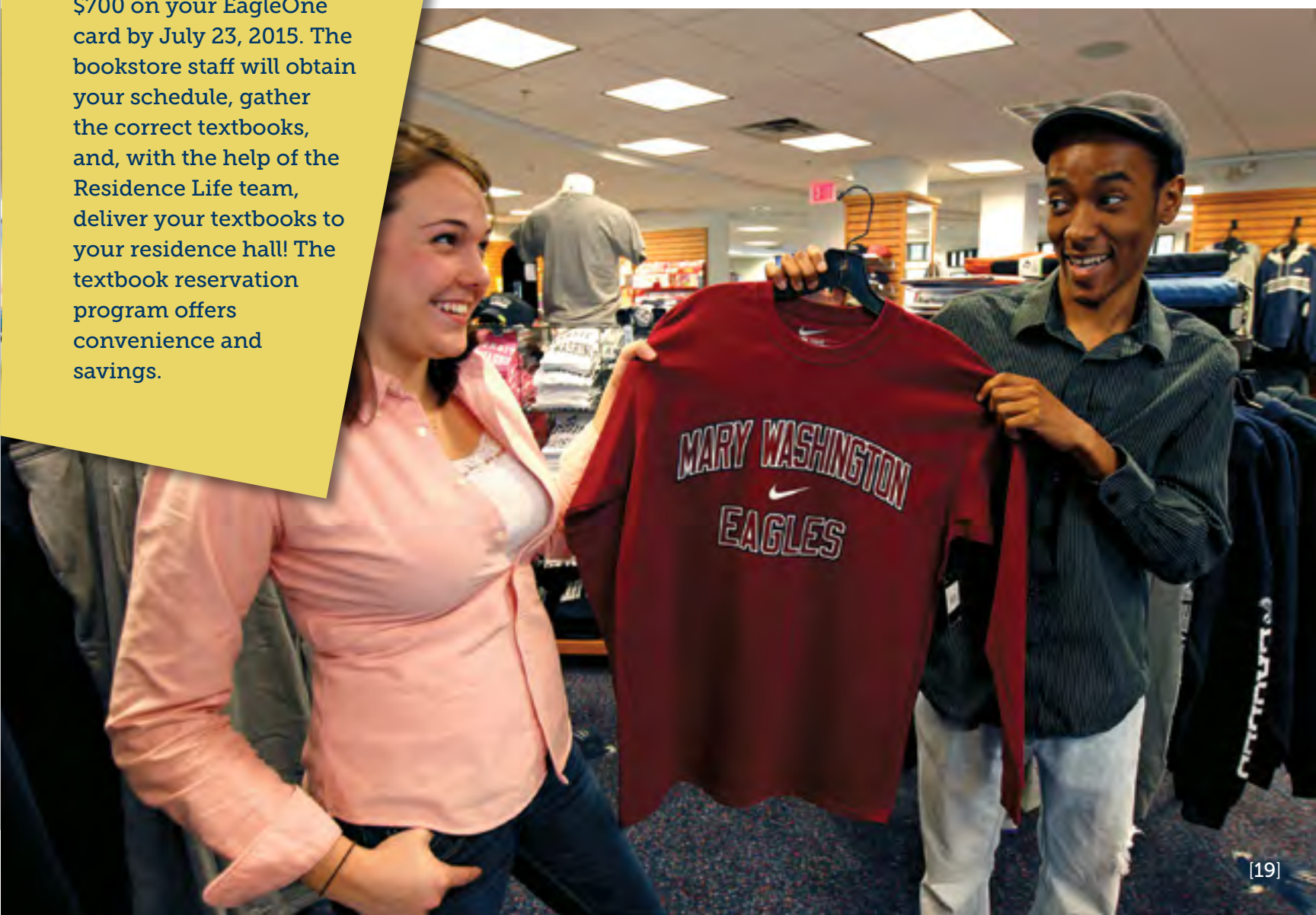
### Sign up by July 23!

Ensure access to used textbooks and convenient delivery with a deposit of \$700 on your EagleOne card by July 23, 2015. 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 residence hall! 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 competitively priced used and new textbooks, e-books, and course packs. For additional savings, students can participate in the textbook buyback 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.



# 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.
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# Financial Aid

The Office of Financial Aid administers grants, scholarships, and loans to students with financial need as demonstrated by filing the Free Application for Federal Student Aid (FAFSA). Visit [umw.edu/financialaid](http://umw.edu/financialaid) for more information.

- Eligible students receive award letters and can view offers through the Eagle Gateway portal on myUMW.

# 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 Eagle Gateway Portal on myUMW. 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 21*

Due to space limitations, each student shares an assigned mailbox. Check your mail carefully before opening or removing it. Please be considerate of your box-mate's mail, placing it back in the box each time you check.

Packages are not delivered to residence halls. UPS, FedEx, and other services deliver directly to the campus post office. When a package arrives for a student, the campus post office notifies the recipient by email and by placing a package notification slip in the student's assigned mailbox.

Packages received before **Aug. 7, 2015**, will be refused due to limited space. Bikes are to be delivered with your name to: UMW Physical Plant, Attention: Central Storeroom, Hanover Street, Fredericksburg, Virginia, 22401. It is your responsibility to arrange pickups from the storeroom by calling 540/654-1149.

**Note:** BLS students, all residential and commuting full-time degree-seeking undergraduate students receive official University communications and critical information in their assigned on-campus post office boxes. Official communications are also conveyed through the Eagle Gateway Portal on myUMW and student email.

## TIPS

**Advise those writing to you to use the following format:**

Your Full Name  
University of Mary Washington  
UMW Box xxxx  
1701 College Ave.  
Fredericksburg, VA 22401-4661

**For Eagle Landing residents**

Your Full Name  
University of Mary Washington  
Eagle Landing Box xxxx  
1701 College Ave.  
Fredericksburg, VA 22401-4661

# Student Accounts

For additional information please visit [adminfinance.umw.edu/studentaccounts](http://adminfinance.umw.edu/studentaccounts) or call 540/654-1250.

**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.
- Typical semester bill dates:
  - Fall semester - Mid-July
  - Spring semester - Mid-November
- Bills are typically due a couple of weeks after they are generated.
- All new charges or unpaid account balances will be billed periodically throughout the semester.

### Payment Options

- Payment Plans open:
  - Fall semester - End of May
  - Spring semester - End of October
- EaglePAY - ACH, no fees, credit cards, subject to a service fee
- Financial Aid must be offered and accepted by the due date of the bill.
- Outside Scholarships must be received by the due date of the bill.

We encourage online payments through EaglePAY, in order to avoid any mailing delays. Please note that any accounts with past due balances are subject to holds and late fees.



# CAMPUS HOUSING AND DINING

## IN THIS SECTION:

- Application and Agreement for Residential Students
- Housing Q&A
- Dining Q&A



# 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.

New students pay a one-time \$250 housing deposit as part of the admissions \$500 enrollment deposit, guaranteeing campus housing. Housing application information is available at **[students.umw.edu/residencelife/newstudents](https://students.umw.edu/residencelife/newstudents)**. Students complete their applications after paying their housing deposits. This Housing and Dining Services Agreement 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).

Parents: stay connected with the Office of Residence Life by signing up for our monthly emails! Go to the Parent and Family Resources page and fill out simple information: **[students.umw.edu/residencelife/parent](https://students.umw.edu/residencelife/parent)**.





# HOUSING

## Questions & Answers

**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 various configurations. New students have roommates to help with the transition to campus life.

**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, and any other issue that affects everyone in the community. Communities vote on standards for their 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 unless you have been approved due to medical need. The form can be found through Residence Life at [students.umw.edu/residencelife/forms](http://students.umw.edu/residencelife/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 maintenance requests to providing social and educational programming.

**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 on the official move-in day.

**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.

**Do all residence halls have elevators?**

No. Halls that do have elevators are Alvey, Arrington, Jefferson, Marshall, Mason, Randolph, and Russell.

**When is move-in?** Move-in for new students is **Friday, August 28, 2015**, beginning at 8:00 a.m. All individuals 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 are not be permitted except in connection with a University activity, and personal belongings may not be moved in early. Please plan accordingly. If you need to arrive in the Fredericksburg area before move-in, you will need to make other arrangements for accommodations.

**Can I have overnight visitors in the residence halls?** Except during the 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.

**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 ([vire.org](http://vire.org)) to Northern Virginia and Washington, D.C.
- Airports within a 75-mile radius include Richmond, Reagan, Dulles, and BWI.

**What are complex councils, and how can I get involved?** Complex councils are governing boards in each residential complex. Elections occur the first month of fall semester. If you would like more information via email about complex councils and how to get involved, check the appropriate box on the Housing and Dining Services Agreement.



# WHAT SHOULD I BRING TO CAMPUS?

**Here's a checklist.** Most items listed are sold in the UMW Bookstore (Lee Hall, 540/654-1017, [umw.edu/bookstore](http://umw.edu/bookstore)). Items with an asterisk (\*) may be purchased at [www.umw.ocm.com](http://www.umw.ocm.com) and mailed to your home in advance of moving to campus.

- |  |  |
|--|--|
| <input type="checkbox"/> Bedding: blankets, comforters, linens (extra-long twin), mattress pad and cover, pillows*   | <input type="checkbox"/> Computer, software, 25' Ethernet cable (good to have if wireless is down), USB printer cable if you bring a printer   |
| <input type="checkbox"/> Desk supplies, planner, stationery, stamps, address book  | <input type="checkbox"/> Ear plugs, head phones  |
| <input type="checkbox"/> Stacking crates to hold all of these items and under-the-bed storage containers (space under bed can be adjusted from 10 to 26 inches)* | <input type="checkbox"/> Medicine (prescription and over-the-counter)  |
| <input type="checkbox"/> Towels*, washcloths*  | <input type="checkbox"/> Basic first-aid kit   |
| <input type="checkbox"/> Dishes, flatware, can opener, and snacks  | <input type="checkbox"/> Small tool kit  |
| <input type="checkbox"/> Laundry bag or basket, laundry detergent, fabric softener, hangers, iron  | <input type="checkbox"/> Flashlight  |
| <input type="checkbox"/> Cleaning supplies, dishwashing soap, air freshener, broom and dust pan, handheld vacuum   | <input type="checkbox"/> Umbrella  |
| <input type="checkbox"/> Trash bin and recycling bin   | <input type="checkbox"/> Keychain  |
| <input type="checkbox"/> Desk lamp or reading lamps; permitted lamps use low heat light bulbs, compact fluorescent lighting, or LED lighting                     | <input type="checkbox"/> Toiletries and shower caddy   |
| <input type="checkbox"/> Surge protectors (not just a power strip – make sure it has surge protection)   | <input type="checkbox"/> Shower shoes*   |
| <input type="checkbox"/> UL-approved electronics only, heavy duty, with a circuit breaker  | <input type="checkbox"/> Throw rug*  |
|  | <input type="checkbox"/> Small electric fan*   |
|  | <input type="checkbox"/> Pictures, posters, and other decorations that can be easily displayed with command strips (no tape or putty). Note: No more than 10 percent of the walls may be covered for fire safety compliance. |
|  | <input type="checkbox"/> Television (optional) and coaxial cable   |

# WHAT SHOULD I LEAVE HOME?

## Don't bring these things.

- Air conditioners or large appliances that draw 110 volts or more
- Candles, wax burners, incense, fireworks, lighter fluid, or other incendiary devices or materials
- Curtains or draperies (unless with a tag displaying certified as non-combustible and flame resistant)
- Electric cooking appliances
- Hookahs
- Extension cords or power cubes/strips (unless multiple outlet-type with built-in fuses and/or surge protector)
- Fabric/tapestries for wall display or any items to be hung from ceilings
- Firearms (including air guns), ammunition, or knives
- Halogen or lava lamps and incandescent bulbs
- Power tools
- Pets (other than fish in a tank of 10 gallons or less)
- Refrigerators larger than 4.5 cubic feet. Only one mini-refrigerator is permitted in a single, double, or triple room, while quads may have two mini-refrigerators. Fridges must be plugged directly into the wall. Upperclass or transfer students: Eagle Landing and UMW Apartments are equipped with refrigerators; additional fridges are not permitted.
- Space heaters
- Street signs of any kind
- Wireless Access Points (wireless is provided)

# DINING

## Questions & Answers



**How do I choose a meal plan?** Campus Dining offers a variety of meal plans tailored to fit the appetite of any residential or commuter student. Visit the UMW Dining website at [umwdining.com](http://umwdining.com) for details about current plans.

**Can I change my meal plan?** Information on changing meal plans can be found at [students.umw.edu/residencelife/mealplan](http://students.umw.edu/residencelife/mealplan). Students have until the end of the second week of classes to decrease a meal plan.

**Where can I eat on campus?** In the Resident Dining Area on the fourth floor of the University Center, you can get an all-you-care-to-eat buffet for one "meal." Retail dining facilities are also located on the second floor of the University Center and at Woodard Hall, the ITCC, the Underground of Lee Hall, and the Food Truck on Campus Walk. All campus dining facilities accept Flex, EagleOne, cash, and credit. "Meal Deals" let you use meal swipes and Flex Dollars for value dining combos and are available at all retail locations except the Food Truck. \* Note: "Meal Deals" are not available to students on the Anytime Dining Plan.

**What's being served?** To check menus, visit UMW Dining at [umwdining.com](http://umwdining.com), follow us on Twitter (@umwdining) or "like" UMW Dining on Facebook (UMWdining).

**Special diet?** Vegetarian, vegan, and gluten-free items, as well as allergen-free Simple Servings, are available at all meal periods in the Resident Dining Area of the University Center. Some special dietary items are also offered at Simply To Go and Naturally Woodstock. If you are on a restricted diet, contact the general manager at 540/654-2230 for details.

**What are EagleOne dollars?** Your EagleOne card is your admission ticket to the dining facilities. You can purchase EagleOne dollars at the EagleOne ID Center, the Office of Student Accounts, by mail, or online at [adminfinance.umw.edu/eagleone](http://adminfinance.umw.edu/eagleone). EagleOne dollars may be used at all campus dining 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 debit account built into all of the meal plans. You can use Flex Dollars to make food purchases at all of the Campus Dining locations. Flex balances roll over from fall to spring semester. Unused balances at the end of the spring semester will be forfeited.

**May I bring a guest for dinner?** Yes! All plans allow students to use 5 meals as guest meals, not just block plans. Or, you may purchase meals at any dining facility with Flex Dollars, EagleOne, cash, or credit card.



# Where to eat on campus

## The University Center

### **Resident Dining- Fourth Floor**

The entire fourth floor of the University Center is dedicated to resident dining's all-you-care-to-eat buffets offered at nine specialty serving areas. You can begin each morning with a full hot breakfast served weekdays until 11 a.m. Joe Stacks made-to-order deli and bakery showcases our in-house bakery with breads and pastries baked before your eyes.

For lunch and dinner, we offer traditional American home-style classics, char-broiled burgers and sandwiches, pizzas, and pastas. The International Station and Evo Grill feature global cuisine, and an Evo Grill at our salad station offers vegan and vegetarian specials. Of course, we also offer a variety of specialty salads, desserts, and beverages.

New this year is "Simple Servings," an allergen-free station where you can find dishes that are free of milk, eggs, soy, wheat, gluten, tree nuts, peanuts, and shell fish.

Sunday Brunch is a must-do dining event! Check our website at [umwdining.com](http://umwdining.com) or dining brochures for daily serving times.

### **Retail Dining – Second Floor**

**Qdoba Mexican Eats** Enjoy a burrito, taco, nachos, or authentic Mexican dish.

**Jamba Juice** Stop in for a fresh fruit or vegetable smoothie, pastry, mini-sandwich, or hot cup of coffee.

**Li'l Joe's** Offers deli sliders and more!

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## ITCC Center

**Blackstone Coffee** is located in the ITCC and offers locally roasted coffee plus gourmet sandwiches and desserts.

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## Lee Hall

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

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## Woodard Hall

**Vocelli Pizza** Fresh hand-tossed pizzas, wings and more!

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

**Eatz on the Street Food Truck** offers your favorite grilled dishes for lunch on campus walk and for dinner at various locations.

For each restaurant's hours, visit [umwdining.com](http://umwdining.com).



# LIFE AT UMW

## IN THIS SECTION:

- Athletics
- Commuting Students
- Disability Resources
- Getting Involved at UMW
- Center for Honor, Leadership, and Service
- The Arts
- Honor System
- Judicial Affairs and Community Responsibility
- Healthy U
  - Campus Recreation
  - Talley Center for Counseling Services
  - Health Center
- Center for International Education
- Multicultural Student Affairs
- Veteran's Resource Center



# Athletics

UMW is a proud member of the NCAA Division III and is renowned as one of the strongest broad-based programs in the nation. Of the 21 sports at UMW, 20 have competed in national championship events, and the Eagles have brought home national titles in five sports. As a charter member of the Capital Athletic Conference (CAC), the Eagles have won the CAC All-Sports Award 12 times in the 24-year history of the league. UMW also has produced hundreds of All-America selections, and countless all-region and all-conference picks.

As a DIII institution, we do not offer athletic scholarships, nor do we utilize the national letter of intent program. However, all of our sports are very competitive, and spots on the rosters are not taken for granted. Have a thorough and complete conversation with your head coach about where he or she sees you on the team. There may be an expectation of some level of tryout. All roster spots are evaluated annually, based on criteria such as academic and athletic performance, team commitment, and social responsibility. If you have any questions about where you stand or what the expectations will be, please direct them to your head coach. All potential student-athletes must meet NCAA eligibility, complete mandatory athletic training and, NCAA forms, and register for the PHYD 400-level course corresponding to their sport. Please contact the head coach directly if you have not received instructions to complete paperwork. All forms are digital and must be completed by **Aug. 1, 2015**.







# Off Campus Students

**Office of Commuter Student Services:** This office (in Marye House, 540/654-1058) can answer your questions and help make your UMW experience successful. Web: [students.umw.edu/commuters](https://students.umw.edu/commuters); Facebook: UMW Commuter Student Services; Twitter: @UMWCommuters.

**Parking Management:** You must purchase a commuter parking permit for your car. Policies and information can be found at [adminfinance.umw.edu/parking/students/commuters](https://adminfinance.umw.edu/parking/students/commuters). (Note: You may not park in the surrounding neighborhoods. You will get ticketed!)

**Between Classes:** Places to study and relax on campus include the new University Center, the Eagle's Nest (Woodard Hall), The Underground (Lee Hall), Simpson Library, and any of the academic building lounges. The ITCC and the Link (between Mason and Randolph Halls) are accessible to commuters 24/7 by EagleOne card.

**Official Notifications:** Your UMW email and your campus post office box are the official channels for critical information from the University. It is your responsibility to check them often.

**Local Address:** All commuter students are required to register their local address and provide a cellphone contact number yearly with the University. This is done through the "User Profile" in myUMW.

**Meal Plans:** To enroll in special commuter meal plans, visit [students.umw.edu/residencelife/mealplan](https://students.umw.edu/residencelife/mealplan). Students can adjust plans starting in July, until the end of the second week of classes.

**Commuter Student Association:** Come to the monthly meetings to voice your concerns or participate in one of the group's fun social events. Want to help plan a commuter event? Contact the CSA president!

**Getting Involved:** Don't disappear right after class! Enjoy on-campus fun. Join a club or study session! Enjoy events on Ball Circle! Check out SAE weekly emails or log into OrgSync to stay updated on campus activities, or keep up with what's happening on Twitter @SAEumw.

**Eagles On and Off Campus:** All Eagles are expected to act with integrity and honor, wherever they are. Students who live off-campus should conduct themselves with the same honor and respect as they do in the classroom. Remember, you can be held accountable through the UMW judicial system for off-campus conduct. Find more information at [students.umw.edu/judicialaffairs](https://students.umw.edu/judicialaffairs).

**Additional Resources:** Additional resources include the Talley Center for Counseling Services, the Health Center, the Fitness Center, and the Library. These services are free to all full-time degree-seeking students.



**Overnight housing:**  
In the event of  
severe weather, you  
may contact the  
Office of Residence  
Life to arrange  
for temporary  
overnight housing.



# Center for **Honor,** **Leadership,** and **Service**

The mission of the center is to place honor, leadership, and service at the heart of a distinctive and meaningful Mary Washington experience.

Do you want to be a leader? Not everyone answers yes to this question. Do you want to make a difference? Virtually everyone answers yes to this question. The reality is they are not separate ideas. If you want to make a difference you have to be willing to make an effort that involves leadership. But leadership is not about position or hierarchy, it's about relationships and finding ways to positively impact those around you to effect change. Leadership begins with you, where you are, right now. Come join us in the Center for Honor, Leadership, and Service to learn more about yourself and see where your leadership journey will take you ([students.umw.edu/chls](https://students.umw.edu/chls)).

## **Veterans** Resource Center

The Veterans Resource Center is located in Combs Hall, room B24, and provides a space for veteran students to connect with one another, study, or access resource materials.



## **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 that require accommodations 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 the 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](https://academics.umw.edu/disability/how-to-register). To learn more about documentation requirements, assistive technologies, available services and frequently asked questions, please see [academics.umw.edu/disability](https://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](https://academics.umw.edu/disability/accommodations/housing-accommodations), as soon as possible.

# 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. Contact the Honor Council at [honor@umw.edu](mailto:honor@umw.edu) and learn more at [students.umw.edu/honor-system](https://students.umw.edu/honor-system).

## Judicial Affairs and Community Responsibility

The Office of Judicial Affairs and Community Responsibility (OJACR) plays a role in helping students 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, possession or use of illegal drugs, 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. Located in Marye House, OJACR can be reached at 540/654-1660.



# Healthy **U** Campus Recreation



Intramural sports events range from team leagues in basketball and flag football to retro events like dodgeball and kickball. The Fitness Center houses state-of-the-art cardiovascular, free weight, and circuit equipment. Group fitness and wellness programs are free for the UMW community. The field complex offers synthetic 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 lets students compete in intercollegiate athletics locally, regionally, and nationally. UMW offers the following sport clubs:

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

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.



Go to [umw.edu/recreation](http://umw.edu/recreation) for updates and forms to register for intramural sports.

## Talley Center for Counseling Services

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. The Talley Center for Counseling Services (TCCS) 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 TCCS office on the first floor of Lee Hall during regular business hours. The Talley Center is staffed by licensed professionals who are experienced in working with a wide array of issues that confront college students, from homesickness and 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 – TCCS 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, TCCS can assist you in locating mental health resources in the community, including providers' insurance information and approaches to therapy. Be sure you have your health insurance information card; many insurance plans require you to use services from 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 (540/741-1000), a local nurse-triage service, for a free phone.

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, 2015**, 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/](http://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 the accounts and will not be able to register for second-semester classes until the completed form is turned in.*

## TIPS

**The Health Center's self-care office on the first floor of Lee Hall is available 24/7 and offers students:**

- free access to disposable thermometers
- small quantities of over-the-counter remedies for colds, headaches, and other minor ailments
- condoms
- a large selection of literature on a variety of topics ranging from cold care to body art.

**Other services available for small additional fees include:**

- an allergy immunotherapy program
- a weekly women's clinic for gynecologic care, contraceptive counseling, and prescriptions
- lab work (both on site and by referral to local medical labs)
- referrals for x-rays and diagnostic imaging procedures
- prescription medications.

# 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 affairs (e.g., banking and billing questions, cellphone plans, health insurance), and pre- and post-graduation employment options. CIE also coordinates the InterLink 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.





# PARENTS and FAMILIES





# WELCOME SESSION



The Welcome section within this packet will assist you in finding answers to your questions.

**Special-Occasion Delivery:** The UMW Office of Alumni Relations has partnered with on-campus marketing and the campus post office to provide special-occasion cakes, baked goods, and care packages for birthdays and final exams. Proceeds from the program support a UMW Washington 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 with ordering information are sent to UMW families at the beginning of the academic year. To learn more, visit: [umw.edu/parents](http://umw.edu/parents).

**Absence from Class:** To make up missed work for absences of one or two days, students should contact of their professors 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 be able to secure significant savings on your auto insurance. Contact your insurance company and ask about college student credits for children away at school.

**EagleOne Account:** Deposits may be made to your student's account 24/7 by visiting [adminfinance.umw.edu/eagleone](http://adminfinance.umw.edu/eagleone).

**Family Weekend (Sept. 18-20, 2015):** 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. [umw.edu/familyweekend](http://umw.edu/familyweekend)

**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 won't receive information about your student's performance. This consent form is available in the Office of the Registrar, 206 Lee Hall. Faculty and UMW staff are also restricted in the information they may share with you even if you are financially responsible for the student. This is not a UMW policy. This is a requirement of FERPA, a federal law. For more information about FERPA, visit at [academics.umw.edu/registrar](http://academics.umw.edu/registrar) or the U.S. Department of Education online at [ed.gov/policy/gen/guid/fpco/index.html](http://ed.gov/policy/gen/guid/fpco/index.html).

**Notification of Parents/Guardians:** The Dean of Student Life will, to the extent allowed by federal law, contact the parents or guardians of students who are found responsible (through the judicial process) for an intoxication violation, drug policy violation, or when the student has accumulated 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.*

**Opportunities to Stay in Touch:** UMW offers many opportunities for parents to stay connected. Learn more by visiting [umw.edu/parents](http://umw.edu/parents). Please ask your student to review or complete the Parent and Family Information Form available in myUMW. This will ensure that you receive information about Family Weekend and other special events, as well as *UMW Magazine*.

**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.edu/immediate-impact/parents](http://giving.umw.edu/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](mailto: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 20 percent of UMW students work on campus, each earning an average of \$1,545 per school year. The Office of Financial Aid provides information to students interested in employment on campus. Students wanting information about employment with Campus Dining should fill out a Student Job Application from their website at [umwdining.com](http://umwdining.com), or email campus dining at [dining@umw.edu](mailto:dining@umw.edu).

**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/academicandcareerservices/focus-seminars](http://academics.umw.edu/academicandcareerservices/focus-seminars) and [academics.umw.edu/academicandcareerservices/tutoring](http://academics.umw.edu/academicandcareerservices/tutoring).



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.



# UMW GLOSSARY: EagleSpeak

## – words you'll need to know

 **TECHNOLOGY**    **UMW GROUP OR ORGANIZATION**    **UMW CAMPUS**    **FREDERICKSBURG AREA**

**BANNER** – an online administrative system accessed via myUMW 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

**CAMPUS PROGRAMMING BOARD** – organization that creates weekly events, big events, movies, and concerts for the student body

**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 myUMW, through the QuickLinks at the top of the UMW home page, or via [canvas.umw.edu](https://canvas.umw.edu).

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

**CLASS COUNCIL** – organization charged with maintaining UMW traditions

**CLUB CARNIVAL** – biannual event held the first week of each semester, during which students can learn 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, speakers, and concerts

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

**DOWNTOWN** – Downtown Fredericksburg, 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.



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

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

**EMPLOY-AN-EAGLE** – online database managed by Academic and Career Services where internship and job opportunities are posted

**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

**FSEM** – first-year seminar

**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, and 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, referred to as "Jeffy"

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

**The LINK** – connecting area between Mason and Randolph halls

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

**Mdub** – otherwise known as Mary Washington

**myUMW** – online portal where everyone connects to campus and involvement resources

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

**SEACO** – nickname for Seacobeck Hall, the former campus dining facility

**SGA** – Student Government Association, which includes the Honor Council, Judicial Review Board, 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

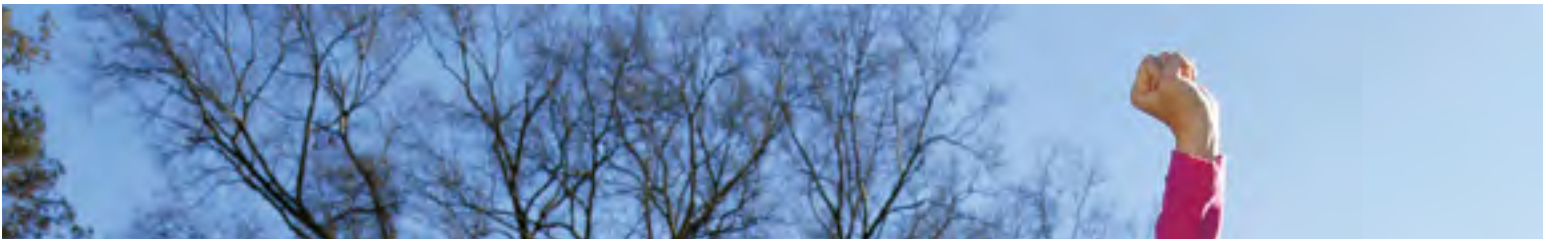
**The Blue and Gray Press** – student-run weekly newspaper

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

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

**WEBMAIL** – email system provided for students and faculty

**WMWC** – student-run radio station webcasting at [wmwc.umwblogs.org](http://wmwc.umwblogs.org)



**YOUR UMW BOOKSTORE** | We've got all your gear right here.



[www.umw.edu/bookstore](http://www.umw.edu/bookstore)



# 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. 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. 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. 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.

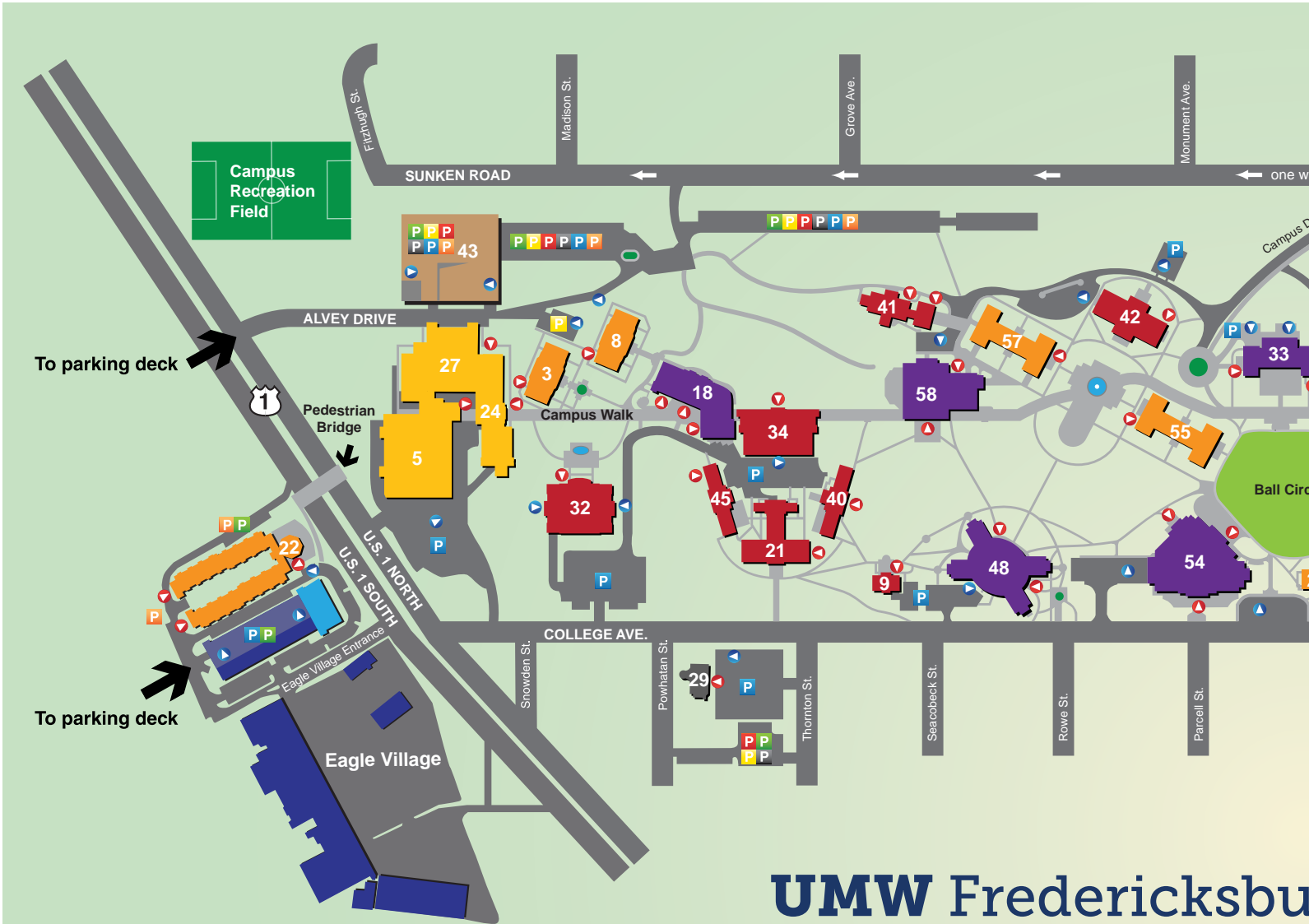
To find South Hall or Framar Hall from College Avenue via U.S. 1: From College Avenue, proceed through the traffic light at Double Drive and take an immediate left into Jefferson parking lot.



### To Eagle Landing

**From U.S. 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.





# UMW Fredericksburg

1301 College Avenue, Fredericksburg, VA 22401 •

Building Color Codes	
Academic	
Administration	
Athletic/Recreation	
Renovation/Support	
Residence	
Retail	
Student Services	

Accessibility Key	
	Accessible entrance
	Accessible parking

Parking Key	
	Apt. Residents
	Commuter
	Eagle Village
	Faculty/Staff
	Residents
	Visitors

## Buildings Key

1004 College Avenue	1	Brompton	14	George Washington Hall
1201 William Street	2	UMW President's residence - private		Dodd Auditorium
Alvey Hall	3	Bushnell Hall	15	Goolrick Hall
Alvey House	4	Combs Hall	17	Gymnasium
Anderson Center	5	Information and Technology Convergence Center	18	Swimming pool
Annex A	6	Cornell House	19	Hamlet House
Annex B	7	Custis Hall	20	Heating Plant
Arrington Hall	8	duPont Hall	21	Jefferson Hall
Art Gallery	9	Klein Theatre		Jepson Alumni Executive Center
Ridderhof Martin		duPont Gallery		Alumni Relations
Ball Hall	10	Studio 115		Jepson Science Center
Battleground Athletic Complex	11	Eagle Landing	22	Lee Hall
Bell Tower	12	Fairfax House	23	Admissions
Carmen Culpeper Chappell		Human Resources		Bookstore
Centennial Campanile		Fitness Center	24	Financial Aid
Brent House	13	Framar House	25	The Underground
Public Safety				Library, Simpson Link, The



# g Campus

540/654-1000 • [www.umw.edu](http://www.umw.edu)

26	Madison Hall	36	Tyler House	52
27	Marshall Hall	37	University Apartments	53
	Marye House	38	University Center	54
	Mason Hall	39	Virginia Hall	55
28	Melchers Hall	40	Westmoreland Hall	56
29	Mercer Hall	41	Willard Hall	57
30	College of Business		Woodard Campus Center	58
	Monroe Hall	42	Eagle's Nest	
31	Parking Deck	43	Great Hall	
	Physical Plant	44	Post Office	
32	Pollard Hall	45	College of Business	
33	Randolph Hall	46		
	Russell Hall	47		
	Seacobeck Hall	48		
	South Hall	49		
34	Tennis Center	50		
35	Trinkle Hall	51		



Scan for UMW on Google Maps



UNIVERSITY OF  
MARY WASHINGTON

where great minds get to work







WHERE DO YOU  
**THINK** BEST?



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