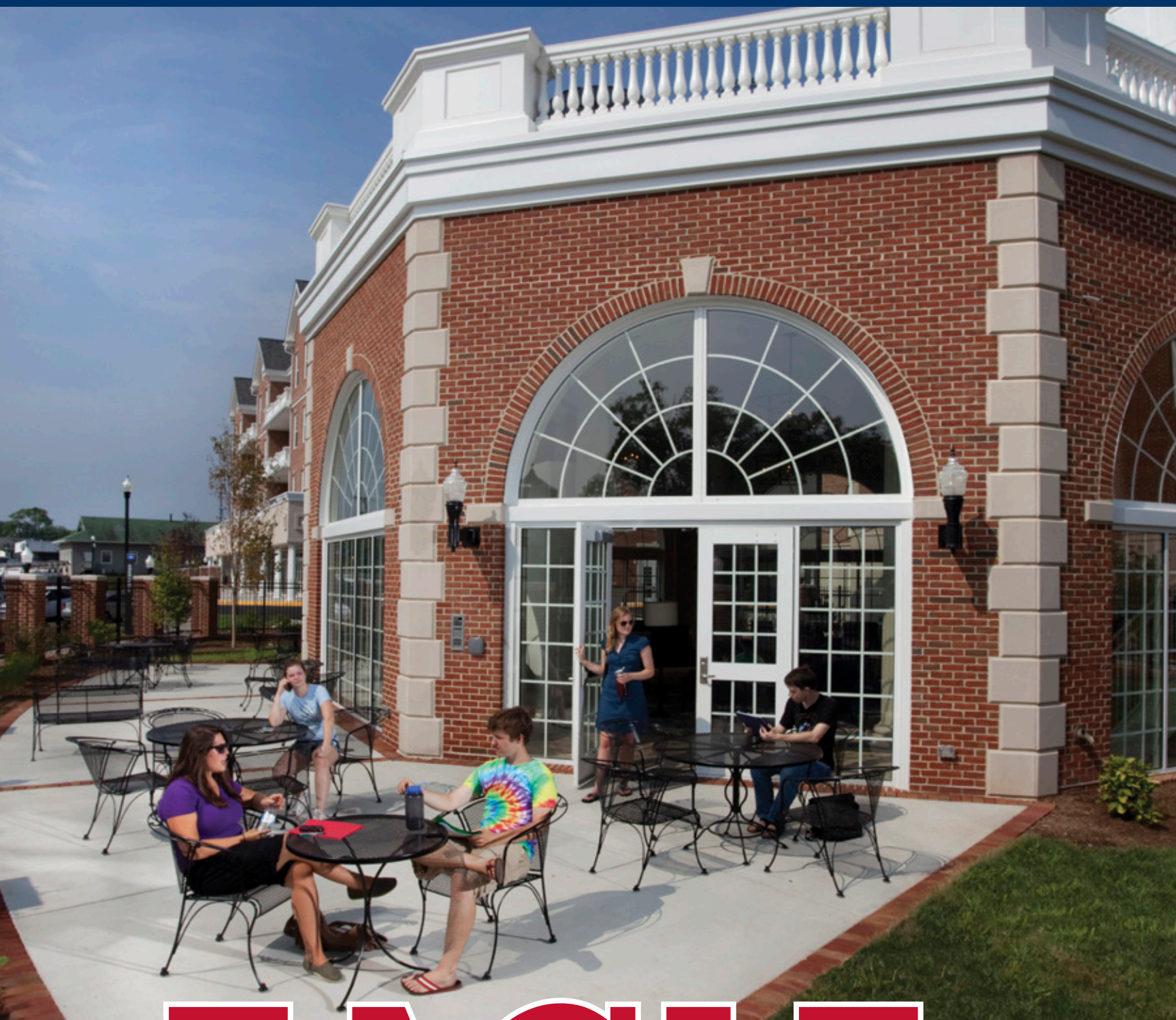


UNIVERSITY OF MARY WASHINGTON



**EAGLE**

*essentials*

**2011-12**

Use this  
space for  
your notes



2011 Edition, Copyright: University of Mary Washington

# CONTENTS

## Welcome to UMW!

- 5 Calendar with **Red-Letter Dates**
- 6 Contacts
- 7 EagleNet Portal
- 8 EagleOne Card
- 9 Technology

## Academics First

- 11 Academic Planning and Advising
- 11 First-Year Seminar
- 13 Frequently Asked Questions (FAQ)
- 14 General Education Requirements
- 15 Simpson Library
- 15 Student Transition Program
- 15 Tutoring and Study Skills

## Business Matters

- 17 Banking
- 17 Bookstore
- 18 Copy Center
- 18 Financial Aid
- 18 Post Office
- 19 Student Accounts

## Campus Dining and Housing

- 21 Application and Agreement for Residential Students
- 22 FAQ

## Life at UMW

- 28 Athletes
- 29 Commuting Students
- 29 Disability Resources
- 30 FAQ
- 31 Great Events
- 32 Healthy U
  - 32 Campus Recreation
  - 32 Counseling and Psychological Services (CAPS)
  - 33 Health Center
- 33 Center for International Education
- 33 Multicultural Student Affairs
- 35 Honor System
- Judicial Affairs and Community Responsibility

## Orientation

- 37 Avoid the Move-In Blues
- 37 Directions to Campus
- 38 Essential Information
- 39 Orientation Schedule – What to Expect

## Parents and Families

- 45 **UMW Glossary: EagleSpeak**

- 48-49 **UMW Fredericksburg Campus Map**



# WELCOME TO UMW

in this section

- Calendar with **Red-Letter Dates**
- Contacts
- EagleOne Card
- EagleNet Portal
- Technology



# WELCOME TO UMW!

Congratulations on your decision to join the University of Mary Washington community. We are delighted that you have chosen UMW and look forward to your arrival in August 2011.

This book is designed to ease your transition during the next several months. A checklist of important, time-sensitive information follows as a guide for submitting the requested forms. Please pay close attention to the deadlines!

On **May 11, 2011**, your NetID and password will be available online.

Important updates to the information in this book will be posted throughout the summer months in the **EagleNet Portal** at [EagleNet.umw.edu](http://EagleNet.umw.edu). There you will be able to access your UMW email, find academic advising information, register for classes, and learn more about UMW. This book is also available online at [www.umw.edu/EagleEssentials](http://www.umw.edu/EagleEssentials).

*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, 2011, 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 "2011 New Students" at [www.umw.edu/healthcenter](http://www.umw.edu/healthcenter), or call the Health Center at 540/654-1040.

REMINDER:  
Check the  
EagleNet Portal at  
[EagleNet.umw.edu](http://EagleNet.umw.edu)  
often for  
updates!

### CHECKLIST:

- NetID Available Online
- Housing & Dining Services Agreement (available on EagleNet)
- Student Scholarship Application Form
- Textbook Reservation Opens
- Student Transition Program Participant Forms
- Application for Housing Accommodation to Disability Resources
- Housing and Dining Agreement
- New Student Questionnaire
- Final Grades or Transcripts
- Foreign Language Placement Testing
- Parent Information Form
- Residence Hall Open House (optional)
- Textbook Reservation Program
- Health History, Tuberculosis Screening, Immunization Record Forms
- Online photo submission for EagleOne cards
- Emergency contact information in EagleNet
- Move-in Day and Orientation

### DEADLINES:

**May 11**  
**May 15**  
**May 15**  
**May 20**  
**June 4**  
**June 10**  
**June 10**  
**June 20**  
**July 1**  
**July 6**  
**July 15**  
**July 22**  
**July 28**  
**Aug. 1**  
**Aug. 4**  
**Aug. 23**  
**Aug. 24**

## ACADEMIC CALENDAR

New Student Course Registration  
Schedule Adjustment Period (all students)  
\*Residence Halls Open (new students)  
Residence Halls Open (returning students)  
Classes Begin  
Last Day to Add Courses  
Course-Drop Deadline (without penalty)  
Family Weekend  
Fall/Spring Break  
Advising Period  
Homecoming Weekend  
Individual Course Withdrawal Deadline  
Advance Registration  
Thanksgiving Break  
Classes End/Last Day to Withdraw from UMW  
Reading Days  
Final Exams  
Commencement

## FALL

July 11-15  
July 18 - September 2  
August 24  
August 28  
August 29  
September 2  
September 16  
September 23-25  
October 14 (5 p.m.) - 18  
October 19-28  
October 21-22  
October 28  
October 31 - November 11  
November 23-27  
December 9  
December 10-11  
December 12-16

## SPRING

January 12  
January 15  
January 17  
January 20  
January 25  
March 2 (5 p.m.) - March 11  
March 12-23  
March 16  
March 26 - April 6  
April 27  
April 28-29  
April 30 - May 4  
May 12  
March 2 (9 p.m.) - March 11 (2 p.m.)  
May 5 (except for graduates)  
May 13 (for graduates)

Residence Halls Closed

November 23-27  
December 17

\*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://www.umw.edu">www.umw.edu</a>
Academic Services	654-1010	<a href="http://www.umw.edu/cas/acservices">www.umw.edu/cas/acservices</a>
Admissions	654-2000	<a href="http://www.umw.edu/admissions">www.umw.edu/admissions</a>
Athletics	654-1039	<a href="http://www.umweagles.com/staff.aspx">www.umweagles.com/staff.aspx</a>
Bookstore	654-1017	<a href="http://www.umw.edu/bookstore">www.umw.edu/bookstore</a>
Business Services	654-1009	<a href="http://www.umw.edu/business_services">www.umw.edu/business_services</a>
Campus Recreation	654-1732	<a href="http://www.umw.edu/recreation">www.umw.edu/recreation</a>
Career Services	654-1022	<a href="http://www.umw.edu/careerservices">www.umw.edu/careerservices</a>
Cashier's Office	654-1251 or 1247	<a href="http://www.umw.edu/cashier">www.umw.edu/cashier</a>
Center for International Education	654-1434	<a href="http://www.umw.edu/international">www.umw.edu/international</a>
Commuter Student Services	654-1058	
Copy Center	654-1935	<a href="http://www.umw.edu/copies">www.umw.edu/copies</a>
Counseling and Psychological Services	654-1053	<a href="http://www.umw.edu/cas/psychservices">www.umw.edu/cas/psychservices</a>
Dining Services	654-1029	<a href="http://www.umwdining.com">www.umwdining.com</a>
Disability Resources	654-1266	<a href="http://www.umw.edu/disability">www.umw.edu/disability</a>
EagleNet Portal	654 -2255	<a href="http://www.umw.edu/technology">www.umw.edu/technology</a>
EagleOne ID Center	654-1005	<a href="http://www.umw.edu/eagleone">www.umw.edu/eagleone</a>
Family Weekend	654-1087	<a href="http://www.umw.edu/cas/familyweekend">www.umw.edu/cas/familyweekend</a>
Financial Aid	654-2468	<a href="http://www.umw.edu/financialaid">www.umw.edu/financialaid</a>
Health Center	654-1040 or 1077	<a href="http://www.umw.edu/healthcenter">www.umw.edu/healthcenter</a>
IT Help Desk	654 -2255	<a href="http://www.umw.edu/technology">www.umw.edu/technology</a>
Libraries	654-1125	<a href="http://www.umw.edu/library">www.umw.edu/library</a>
Multicultural Center	654-1044 or 1782	<a href="http://www.umw.edu/multicultural">www.umw.edu/multicultural</a>
Post Office	654-1049	<a href="http://www.umw.edu/mail">www.umw.edu/mail</a>
Public Safety	654-1097	<a href="http://www.umw.edu/publicsafety">www.umw.edu/publicsafety</a>
Registrar	654-1063	<a href="http://www.umw.edu/registrar">www.umw.edu/registrar</a>
Residence Life	654-1058 or 1527	<a href="http://www.umw.edu/cas/residencelife">www.umw.edu/cas/residencelife</a>
Speaking Center	654-1347	<a href="http://www.umw.edu/cas/speaking/speaking_center">www.umw.edu/cas/speaking/speaking_center</a>
Student Accounts	654-1250 or 1289	<a href="http://www.umw.edu/studentaccounts">www.umw.edu/studentaccounts</a>
Student Activities & Community Service	654-1061	<a href="http://www.umw.edu/osacs">www.umw.edu/osacs</a>
Student Employment	654-2468 or 1685	<a href="http://www.umw.edu/financialaid/student_employment">www.umw.edu/financialaid/student_employment</a>
Study Skills	654-1010	<a href="http://www.umw.edu/cas/acservices/services/study">www.umw.edu/cas/acservices/services/study</a>
Tutoring	654-1010	<a href="http://www.umw.edu/cas/acservices/services/tutoring">www.umw.edu/cas/acservices/services/tutoring</a>
University Hotline	654-2424	
University Police	654-1025	<a href="http://www.umw.edu/police">www.umw.edu/police</a>
Emergency	654-4444	
Writing Center	654-1036	<a href="http://www.umw.edu/cas/writing">www.umw.edu/cas/writing</a>

# EagleNet Portal

The EagleNet Portal is your way to stay connected with what's happening at UMW. The chart below illustrates some of the information available in the EagleNet Portal.

*Regularly accessing the EagleNet Portal at [eaglenet.umw.edu](http://eaglenet.umw.edu) to check for announcements is essential.*

EAGLENET	MY UNIVERSITY RESOURCES		
<p><b>Announcements</b></p> <hr/> <p><b>Downloadable Forms</b></p> <hr/> <p><b>Important Dates</b></p> <hr/> <p><b>Important Links</b></p> <hr/> <p><b>UMW Alert Program</b></p> <hr/> <p><b>Update Personal Information</b></p> <hr/> <p><b>Vehicle Registration</b></p>	<p><b>Accounts and Financial Aid</b></p> <hr/> <p><b>Account Summary</b></p> <hr/> <p><b>EaglePAY</b> (online tuition payment)</p> <hr/> <p><b>Student Accounts Information</b></p> <hr/> <p><b>Financial Aid Awards</b></p> <hr/> <p><b>Financial Aid Requirements and Outstanding Documents</b></p> <hr/> <p><b>Financial Aid Resources</b></p> <hr/> <p><b>EagleOne ID Card</b></p>	<p><b>Academics</b></p> <hr/> <p><b>Academic Catalog</b></p> <hr/> <p><b>Course Registration</b></p> <hr/> <p><b>Faculty Advisor</b></p> <hr/> <p><b>Grades</b></p> <hr/> <p><b>Study Abroad</b></p> <hr/> <p><b>Transcripts</b></p>	<p><b>University Life</b></p> <hr/> <p><b>Athletics</b></p> <hr/> <p><b>Activities and Clubs</b></p> <hr/> <p><b>Fitness Center</b></p> <hr/> <p><b>Honor Council</b></p> <hr/> <p><b>Housing and Dining Services Agreement</b></p> <hr/> <p><b>Mailbox Combination</b></p> <hr/> <p><b>Room Assignment</b></p> <hr/> <p><b>Textbook Reservation Program</b></p>







# EagleOne Card



**Y**our 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, or submit a photo online (in the required format), and receive your card when you check in during Orientation in August. Visit [eagletonet.umw.edu](http://eagletonet.umw.edu) 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)
  - for purchases at the UMW Bookstore, Copy Center, Post Office, Health Center, Klein Theatre, Seacobeck, Eagle's Nest, The Underground, EagleExpress Cart, and University Tennis Center
  - in vending machines for snacks, drinks, and laundry
  - for public copiers and printing at campus computer labs
  - for purchases from participating off-campus merchants
  - for admission to events

Funds can be added to your account 24/7 online (<https://eagleone.umw.edu/webapps/portal/frameset.jsp>), by mail, at the Cashier's Office, or 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 that you see this logo:



## WING TIPS



➤ **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

Nearly all students bring their own computers to UMW. All 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, [www.umw.edu/technology/studentcomputing](http://www.umw.edu/technology/studentcomputing). In addition to information about the type of computer you should bring, you'll find information about accessories, software, and best practices. The UMW Bookstore website, [www.umw.edu/bookstore](http://www.umw.edu/bookstore), provides links to vendors who offer computers configured to UMW specifications.

The University relies on the network, the EagleNet Portal, campus mail, its course management system, and email to notify students of official communications such as deadlines, policies, announcements, and other critical information. Professors communicate with students electronically and use the University network for instructional purposes. It is incumbent upon each student to utilize these resources on a regular basis.

On move-in day, support teams will be available in the residence halls to assist students with connecting to the network. Throughout the academic year, students may contact the IT Help Desk via email at [helpdesk@umw.edu](mailto: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. Students are provided basic service at no charge. Premium services are available for additional fees. You will receive further information during the summer. To learn more about Apogee's services, visit [www.apogeenet.net/myresnet](http://www.apogeenet.net/myresnet).



## WING TIPS



### ➤ 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 May 11, 2011. You may find your NetID by following the step-by-step instructions found at

[www.umw.edu/technology/network/netid\\_password](http://www.umw.edu/technology/network/netid_password)

For most UMW systems (excluding email and ResNet), your password must:

- \* have at least 8 characters
- \* have at least one number and one letter
- \* have at least one upper-case letter, and
- \* must be changed every 90 days.

### ➤ 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.

### ➤ 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: [www.umw.edu/technology/network/resnet/default.php](http://www.umw.edu/technology/network/resnet/default.php).

# ACADEMICS FIRST

in this section

- Academic Planning and Advising
- First-Year Seminar
- Frequently Asked Questions (FAQ)
- General Education Requirements
- Simpson Library
- Student Transition Program
- Tutoring and Study Skills

# Academic Planning

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

1. **Expect an invitation to take a survey** from someone in Academic Services soon after you pay your deposit. You will be asked questions that will allow us to select your faculty advisor and answer general questions. The deadline for completing the questionnaire is **June 20, 2011**.
2. **Request official copies** of results of Advanced Placement (AP), International Baccalaureate (IB), Cambridge, College Level Examination Program (CLEP), dual enrollment classes, and/or transcripts of any college transfer credit be sent to the UMW Office of the Registrar **immediately**. The UMW CEEB code is 5398.
3. **Check the Student and Financial Aid section in the EagleNet Portal** to review your student record for any AP, IB, Cambridge, CLEP, dual enrollment, and/or college transfer credits that have been received and processed by the Office of the Registrar. Be sure to run a Degree Evaluation (a "What-If Analysis," if you know your prospective major) to see where your transfer courses fit into your degree.
4. **Check the Academic Services website for Express Guides to Advising and Registration**, as well as for general information, and courses specifically recommended for new students. Use the Course Scheduling Worksheet and the New Student Course Registration Request Form to assist you when you plan for your classes.
5. The Dictionary of Academic Regulations found at [http://www.umw.edu/publications/dictionary\\_ar\\_fburg/](http://www.umw.edu/publications/dictionary_ar_fburg/) may also be helpful as you plan your academic experience at UMW.

## Advising

6. In addition to the above-noted resources, the Academic Services staff will assist you as you make your initial course selection and through the registration process during the week of July 11. You can reach that office by phone at 540/654-1010 and through email at [advise@umw.edu](mailto:advise@umw.edu). Before you come to the August orientation, you will be assigned a faculty academic advisor. This faculty member will meet with you during orientation and throughout your first semester and will serve as your academic advisor until you declare a major.

## 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 there will be many different courses offered, everyone will not 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

The Inside  
SCOOP

Random Tips from  
UMW Students

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 compared to many schools. The upside is that class sizes are small, which means more chances to ask questions and get to know the professors.

The professors won't look over your shoulder or make sure that you're doing the work, but they will become your friends - don't be afraid to stop by during office hours just to say hi.

# First-Year Seminar Courses

## Offered in 2011-2012

Any course numbered FSEM 100, HIST 201, or HIST 202 will satisfy the first-year seminar requirement. Here are brief descriptions of courses available in the fall semester.

- **Autism in Contemporary Literature and Film** – Explore representations of autism and autism-spectrum disorders, such as Asperger's syndrome, in contemporary literature and film. Class discussion and writing assignments allow students to engage in an intensive study of such representations and to consider other disabilities or a broader understanding of disability in general.
- **Banned and Dangerous Art** – How does a work of art come to be considered dangerous and banned, or even destroyed?
- **Beauty and Brains: Women in the Sciences** – This course will explore the lives, accomplishments, and achievements of notable female scientists. Focus will be on the events that encouraged them to choose their careers, the challenges they overcame, and their legacies.
- **Celluloid Vampire: Dracula** – This course explores Bram Stoker's novel *Dracula* in relation to several film adaptations. After completing assignments on literary and film studies that provide an introduction to the two disciplines, students concentrate on how filmmakers from different world cinema traditions recast the Dracula myth in the audiovisual language of the big screen.
- **Cold Case: Mystery and History in the Theater** – Explore questions such as, who was Thespis, and was he the first actor? And who really wrote Shakespeare's plays?
- **Energy Resources in the 21st Century** – Are we running out of oil? If so, what alternative energy sources will power our civilization in the 21st century?
- **Ethics and Literature** – Discover the variety of ways ethics can be examined through and applied to literature. The course title hinges on a word whose meaning in this context is not entirely clear – and that word is "and." What does it mean to talk about literature in the company of ethical models, questions, and theories?
- **From Cinderella to Harry Potter** – Study fairy tales and fantasy literature, ranging from the 17th- to the 21st-century. Explore multiple versions of a literary text and discover its significance within a specific historical and cultural context.
- **Infographics: Tools to Share Information, Data, and Knowledge** – If information is power, then information graphics are the new power tools. In this seminar, students will explore the cognitive, communication, and aesthetic aspects of effective methods for visually sharing information.
- **International Short Fiction by Women** – Read and discuss fiction written in Haiti, Pakistan, India, and on the African continent.
- **Intuition** – This course examines the psychology of intuition, when it is reliable, when it is fallible, and why. The class examines how intuition works, what biases it has, and how scientists investigate something as elusive as our split-second judgments.
- **Is Trying to be Happier as Futile as Trying to be Taller?** – Although psychology has historically focused on treating mental illness, the field of positive psychology has recently begun investigating how to increase well-being. This course will explore the progress toward and controversies surrounding this goal.
- **James Farmer and the Struggle for Civil Rights** – This course studies the problem of race and the U.S. civil rights movement in the example of James Farmer, exploring historical background and the contemporary relevance of the discourse of civil rights.
- **Mozart and Amadeus** – Read the play by Peter Shaffer and see the Academy Award-winning film based on it, and then learn what is fact about Mozart and what is fiction.
- **Our Lady of Guadalupe, Mother of Mexico** – Explore an array of historical, religious, cultural, and artistic perspectives on this cultural and religious icon.
- **Pirates, Liars, and Pigeons: Not Your Typical Math Course** – Learn creative ways to attack elementary, yet challenging, problems and puzzles.
- **Reading and Writing About Weird Things: Critical Thinking and the Internet** – Examine the principles and strategies of critical thinking and apply them to some of the unusual or weird claims on the internet associated with such topics as the paranormal, superstition, or conspiracy theory. Both supporters and opponents of these claims use the web as a forum for their views.
- **Revolution and Cinema in Iran** – In this course, we will trace the evolutionary process of Iranian cinema from its Western orientation before the revolution to the "revolutionary cinema" of post-revolution and the emergence of the "anti-revolutionary" cinema of the present time.
- **Sex and the Ancient City** – A survey of sexuality and gender in Greco-Roman culture and an introduction to the sources for studying the classical world.
- **Stages and Contexts of 9/11: Dramatic Literature and Contemporary History** – Taking account of the 10th anniversary of the terrorist attacks on the Twin Towers and the Pentagon, this course focuses on the dramatic literary exploration of the cultural and political contexts preceding, surrounding, and following the events of Sept. 11, 2001. How have performance communities defined themselves as artists/citizens in relation to what was a defining moment of the early 21st century?
- **Water Resources** – Learn how water is now considered to be the critical issue for the 21st century, arguably more important than energy or climate change.
- **First-Year Seminar in American History** – Explore how the films of John Ford commented on the social, political, and cultural concerns of his and other eras and helped shape the historical understanding and myths of both American and European history. (*History 202.*)

# Frequently Asked Questions

Claudia Emerson  
Professor of English and  
Pulitzer Prize-winning poet



**When will I register for fall classes?** Registration will be available online. Check the EagleNet Portal for additional information and instructions.

**My advisor is not in my major department. Does that matter?** No. When you declare your academic major, you will be reassigned an advisor within your major. All faculty members have been trained to advise you in scheduling and fulfilling general education requirements. If your advisor is unable to answer your questions, you may talk to someone in the Office of Academic Services in Lee Hall.

**I need help with my class. What can I do?** If you are having difficulty with a class, you're not alone. First, talk with your professor during his or her office hours, or make an appointment. Professors are there to help and will listen. For help in a certain area, you can request tutoring, academic workshops, or advising through the Office of Academic Services. Tutoring and study skill sessions are free to UMW students, and dates are posted in the EagleNet Portal.

**If I want to change my schedule, how do I do this?** The add/drop period is July 18 to September 2. After that you may drop courses until 5 p.m. on **Sept. 16, 2011**.

**I didn't get into any classes for my major. What do I do?** Majors are designed to be completed in less than four years, giving first-year students time to work on general education requirements and electives. Electives – courses that you decide to take to pursue personal interests and goals – are a part of the degree program. Even if a particular course on your schedule doesn't meet a general education or major requirement, it will serve as one of your elective credits. In certain programs, such as biology or chemistry, it is important to get started in a few major courses right away. In such cases, there will be opportunities during orientation to adjust schedules to get necessary courses. If you are still concerned that you may be behind in major requirements, discuss this with your advisor during your individual meeting during orientation.

**Can I declare my major? What if I declare then change my mind later?** Students who enter with more than 28 completed credits may declare a major, and after that an optional minor. Major declaration is a two-step process: online major declaration is done by the student and followed by the major department's assignment of a major advisor. Minor declaration is a single, online step for most minors. You may change your major; on average, students do so several times during their college careers.

**Are there any offices on campus that can help me with papers or presentations?** UMW's Writing Center has tutors to review your writing assignment with you; they'll ask questions rather than give you answers, and they'll help you see what you can do to correct any problems. There also is a Speaking Center to help you develop presentation and public speaking skills. Consultants can videotape your practice presentation and provide feedback. There is no charge to UMW students for these services.

*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)*

**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, 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, and you are limited to one per semester.

# 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 via the EagleNet Portal. A brief sketch of the new 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)
- Arts, Literature, and Performance (two courses; one exploring the process for creating artistic work, the other course 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)





# Simpson Library

Conveniently located on Campus Walk, Simpson Library provides a skilled staff to help with research. It 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 even recreation. Your library has in excess of 380,000 volumes and 45,000 periodicals, links to thousands of electronic publications, and a wide array of databases that furnish online access to books, magazines, journals, and newspapers.

Check our  
website  
for hours.  
[www.umw.edu/  
library](http://www.umw.edu/library)

Stop by the soft-seating area on the first floor with its shelves of popular reading volumes, movies on DVD, the open-exchange collection of “Just for Fun” books, 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 [www.umw.edu/library](http://www.umw.edu/library).

## Student Transition Program (STP)

If you have been contacted by the Office of Academic Services to participate in this year-long enrichment program, please check [www.umw.edu/cas/acservices](http://www.umw.edu/cas/acservices) for registration and orientation information, as well as for a number of forms to be completed and returned by mail or by fax to the Office of Academic Services. Forms are due no later than **May 31, 2011**.

During the summer session, STP participants will

- live in a residence hall
- meet other incoming freshmen
- enjoy team-building activities
- participate in weekend social and cultural activities
- take two college courses

During the academic year, STP participants will

- meet with key administrators on campus
- acquire skills to better prepare for the upcoming years
- take two one-credit seminar classes.

## 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 [www.umw.edu/cas/acservices/services/tutoring](http://www.umw.edu/cas/acservices/services/tutoring).

*Learning to Focus: Studying for Success!* is a workshop series developed and presented by students, for students. The following topics are presented twice each semester: note-taking and reading strategies, time management, test preparation and taking, paper preparation, and how to manage studies in and after class. Links to similar information via lessons, exercises, and tips can be found at [www.umw.edu/cas/acservices/services/study](http://www.umw.edu/cas/acservices/services/study).

*Seminar for Academic Success* - meets weekly during the spring semester and provides academic support for students. Detailed information can be found at [www.umw.edu/cas/acservices/services/study](http://www.umw.edu/cas/acservices/services/study).



# BUSINESS MATTERS

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

in this section



# Banking

There is an ATM in Woodard Campus Center operated by Virginia Credit Union (VACU). Students interested in opening VACU accounts may find it helpful to make arrangements before school starts. Call 800/323-6800 or visit the VACU website at [www.vacu.org](http://www.vacu.org).

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 Pkwy.	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
Wachovia	4501 Jefferson Davis Hwy.	899-9203

## WING TIPS



Textbook Reservation Program -

Available first semester only! Look for additional information in the EagleNet Portal at <https://eaglenet.umw.edu> or at [www.umw.edu/bookstore](http://www.umw.edu/bookstore).

### Sign up by July 28!

Ensure access to used textbooks and convenient delivery with a deposit of \$675 on your EagleOne card by July 28, 2011. 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 Bookstore offers a one-stop shopping experience featuring new, used and new for Fall 2011, rental textbooks, e-books, computer supplies, and related instructional materials required for courses at UMW. In addition, the Bookstore carries a large selection of general reading books, such as current novels, classics, faculty authors, local history, and recommended outside reading. It also sells school supplies, clothing, gifts, UMW memorabilia, and convenience items, including health and beauty aids, beverages, snacks, and more.

The University Bookstore boasts a large inventory of used textbooks. Books can be sold back at the end of each semester for even greater savings. When you purchase textbooks from the Bookstore, you can take comfort knowing that you have bought the correct textbooks on time for your classes. There are no shipping expenses, textbook purchases are covered by a liberal return policy, [www.umw.edu/bookstore](http://www.umw.edu/bookstore), and the Bookstore's knowledgeable and helpful staff is eager to provide guidance.

The store sells MS OfficePro 2010 for PCs and MS Office 2011 for Macs at academically discounted prices with savings up to \$300 off retail. You may order computers custom-designed to meet University specifications by using links to computer manufacturers on the UMW Bookstore website, [www.umw.edu/bookstore](http://www.umw.edu/bookstore).

The Bookstore is owned and operated by the University. All profits support the enrichment of UMW students' lives by contributing to Student Life programs, intramural sports, recreational activities, and repair and maintenance of nonacademic buildings and grounds.

Put the Copy Center to work!  
Regular hours are:

*Fall & Spring Semesters:*

Monday-Thursday 8 a.m.-7 p.m.  
Friday 8 a.m.-5 p.m.

*Summer Semester:*

Monday-Friday 8 a.m.-5 p.m.



## 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, and scanning, as well as digital photo processing.

## Financial Aid

The Office of Financial Aid administers a variety of UMW Foundation scholarship programs. To be considered for all scholarships, you must complete and submit the New Student Scholarship Application Form to the Office of Financial Aid by **May 15 for the following fall**. The form is available through your EagleNet Portal and the Financial Aid Web page. Most of these scholarships are need-based and also require you to complete the FAFSA by the published dates. Recipients of UMW Foundation scholarships are notified in July. Many scholarships are not automatically renewable and require a new Scholarship Application Form every year.



## Post Office

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

You may retrieve your mailbox information, including your combination, on the campus Banner system, accessible through the EagleNet Portal. You will keep the same mailbox as long as you reside on campus; 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 pick up)

Monday-Friday 10 a.m.-4:30 p.m.



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 will notify the recipient by email and by placing a package notification slip in the student's assigned mailbox.

Packages received before **August 12, 2011**, will be refused due to limited space. Lofts and 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 pick-ups from the Storeroom by calling 540/654-1149.

Note: Except for 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 EagleNet Portal and student email.

## 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 [www.umw.edu/studentaccounts](http://www.umw.edu/studentaccounts).

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, the billing schedule consists of fall semester bills being available during the first two weeks of July, and the spring semester bills being 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 mid-August for the fall semester and mid-December for the spring).

You may pay your account with cash, a cashier's check, money order, personal check, or credit card. Credit card payments are made through a University-approved third party, which charges 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.

Your payment may be either paid online through EaglePAY or mailed to the processing center, along with the payment coupon, to the address on the bill. Payments sent by express mail or without the payment coupon should be mailed directly to the UMW Cashier's Office. 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. UMW strongly encourages all students to sign-up for direct deposit for all refunds/payments not related to student employment. Direct deposit is quicker and eliminates having to pick up a check at your campus box. Please see [www.umw.edu/studentaccounts](http://www.umw.edu/studentaccounts) for further information on how to sign up. If a student does not have direct deposit, refunds are mailed to students' UMW campus mailboxes during the academic year and to students' home addresses when school is not in session.

## WING TIPS



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

**Your Full Name**  
**University of Mary Washington**  
**UMW Box xxxx**  
**(assigned number)**  
**1701 College Avenue**  
**Fredericksburg, VA 22401-4661**

**Eagle Landing residents will use the following format:**

**Your Full Name**  
**Eagle Landing Box xxxx**  
**(assigned number)**  
**1101 Jefferson Davis Hwy.**  
**Fredericksburg, VA 22401**

# CAMPUS DINING AND HOUSING

- Application and Agreement for Residential Students
- Frequently Asked Questions (FAQ)

in this section



# Application and Agreement for Residential Students

The education you receive at UMW extends beyond the classroom into the residence halls, where you meet people whose lifestyles, backgrounds, personalities, and values may be different from your own. You have a unique opportunity to grow and learn about yourself and others through new and important friendships, and you'll share the good and the difficult times with students facing many of the same challenges. 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.

**Complete the online housing application/agreement**, found under the University Life tab on EagleNet, by **June 10, 2011**. (No additional housing deposit is required for new students.) When submitted online, this becomes a binding agreement between you and the University for the **two full academic years (incoming freshmen) or one full academic year (incoming transfers.)**

No housing assignment will be made without a completed Housing and Dining Services Agreement record on file. Applications received after June 10, 2011, will be processed on a rolling basis.

Freshmen and transfer students will be notified of their room and roommate assignments via the EagleNet Portal in early July. An open house is scheduled for **July 22, 2011**, for students to visit the campus and look at their residence halls. Watch the EagleNet Portal and your email for more information and for updates and links to forms!

*Read carefully the contents of the official Housing and Dining Services Contract, then submit it through the EagleNet Portal at [EagleNet.umw.edu](http://EagleNet.umw.edu).*



# Frequently Asked Questions ... About Housing

**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 contract.

**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 Contract.

**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 their own unique advantages.

**Can I request to have a certain room or certain style bathroom?** Unfortunately it is not possible for us to honor specific requests for room style, such as a double room, corner room, or suite bathroom.

## 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 A-C?

No. Window A-C units are prohibited in the residence halls unless you have submitted documentation of a medical need for A-C and have been approved. The form can be found on the Residence Life forms page at [www.umw.edu/cas/residencelife/forms](http://www.umw.edu/cas/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 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.

## May I smoke in my room?

No. Smoking is not allowed in any UMW residence halls. Also, while smoking is allowed outside of residence halls, policy requires that smoking take place at least 50 feet away from the buildings at all times.

**What is the FYE-Community and how can I become a member?** FYE stands for the First Year Experience. This community is a part of the Generating Opportunities and Leadership Development (GOLD) Initiative. FYE focuses on giving incoming Mary Washington students the resources and support needed to successfully transition to college. It promotes connections through intentional programming and academic resources. More information can be found on the Office of Residence Life website where you may also download the FYE Membership Application. To be considered for participation, indicate your interest by checking the appropriate box on the Housing and Dining Services Contract. Applications are due to the Office of Residence Life by June 10, 2011. If you are interested in living in this community but have already submitted your housing contract, please contact the Office of Residence Life. FYE is an excellent way to get your feet on the ground and make the most of your first year at the University of Mary Washington. No prior leadership experience is necessary for membership.

## I usually just use my cell phone. May I bring it to UMW?

Absolutely! Most students on campus have cell phones and many elect to use them for long distance service. Residence hall rooms are not equipped with phones, however, there are phones on every hall for emergency purposes. Students also can elect to contract for a phone with Apogee, our digital services partner, for an additional fee. Cell phone reception in the area and in campus buildings varies for some service providers.

### **Where can I get a fridge for my room?**

On-campus students may lease 3.6-cubic-foot refrigerators for \$87/year by completing the form found on the Melvin Corporation website at [www.melvincorp.com](http://www.melvincorp.com) and returning it to the company with full payment. Previously ordered units can be picked up on move-in day at the QPS truck, which will be located in the GW parking lot. New orders can also be placed at this time and units taken on a first come, first served basis. It's also fine to bring your own mini-fridge, and many retail stores have great deals on them. Personally-owned refrigerators that are 2 amps or 4 cubic feet or less in size are permitted, providing they bear the Underwriters Laboratory (UL) seal of approval.

### **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 contract that allows you to indicate your preferred roommate's name and UMW username (if known). Please bear in mind that these requests can only be honored if both individuals request each other on their respective housing contracts. If you want to indicate a roommate preference after you have submitted your Housing Contract, you will need to submit your request in writing to the Office of Residence Life.

### **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 currently equipped for cable television, campus and local phone, 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, Marshall, South, and Jefferson.

### **When is move-in?**

Move-in for new incoming students is Wednesday, **August 24, 2011**, beginning at 8:15 a.m. All individuals housed in first-year housing should report directly to their assigned residence hall. Transfer students assigned to upper-class housing should check in at the Residence Life Office in Marye House. 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?**

First-year students are not allowed to have overnight visitors the first semester of their freshman year. As part of the community standards, residents will decide by vote whether to allow visitation second semester. In upperclass buildings, overnight visitation is decided upon by community standards vote. Most communities permit overnight visitors, but check with your roommate first!

### **Should I bring a loft?**

The choice to purchase a loft is up to you. However, Virginia, Custis, Bushnell, and Marshall halls and Eagle Landing already have beds that can be lofted. No lofts are permitted in Russell Hall or the UMW Apartments. Please, do not purchase a loft until you have received your room assignment. Also, most mattresses are 80" (extra-long) and you will need a loft that accepts that size. Loft registration forms and information on storing the provided bed frame will be available at check-in.







# Sustainability at UMW!



## Sustainability Initiatives

**Light Bulb Exchange** Every year a light bulb exchange offers a swap of incandescent bulbs at no charge for more energy efficient compact fluorescent bulbs (CFLs).

**Green Dining** UMW is one of only five Virginia schools to achieve the "Virginia Green" environmental certification. UMW Dining Services is committed to reducing/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 <http://www.umw.edu/recycle/>. In 2009, UMW diverted more than 115 tons of waste from the landfill!

**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 saved 8,728,459 pounds of CO<sub>2</sub> in 2009.

**Sustainability Policies and Procedures** UMW's defined commitment to sustainability can be found at <http://www.umw.edu/sustainability>.

**LEED** All new university buildings and renovations are LEED (Leadership in Energy and Environmental Design) certified.

## Getting Involved in Sustainability at UMW!

**Student activism works toward a green future at Mary Washington.**

**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.

**Residence Hall Sustainability Positions** RA Sustainability Organizers help implement sustainability initiatives and increase awareness in their residences and across campus. Recycling Coordinators are elected hall council positions in each residence hall.

**President's Council on Sustainability** This Council involves students in planning sustainability goals as members or with a PCS Action Group. See <http://www.umw.edu/sustainability>

**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, sustainability PR and communication, and organization of behavior audits in the Eagle Landing apartments.



# Frequently Asked Questions ... About Dining

## Where can I eat on campus?

There are three dining locations on campus. The Restaurants of Seacobeck have three rooms with various buffet-style menus, specialty items, and cooking stations. The Eagle's Nest is a cafe and coffee shop that includes a deli, pizzeria, grill, and Tex-Mex station. The Underground in Lee Hall is the newest campus dining venue.

## How may I change my meal plan?

Meal plans may be changed after July by emailing your request to [umwbills@umw.edu](mailto:umwbills@umw.edu).

**What's being served?** To check the day's or week's menus, visit the dining website at [www.umwdining.com](http://www.umwdining.com). Both vegetarian and vegan 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 [www.umw.edu/eagleone](http://www.umw.edu/eagleone). EagleOne dollars may be used at Seacobeck, the Eagle's Nest, the Underground, the Bookstore, and most other campus locations as well as 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.

## How can I get a job at one of the dining facilities?

UMW Dining Services employs many students to work within dining and catering services. Apply at Seacobeck or the Eagle's Nest, or call 540/654-1029.

**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?

You are welcome to bring a friend or family member for any meal. Seacobeck Dining Hall guest meal prices are published at [www.umwdining.com](http://www.umwdining.com).

## How do I choose a meal plan?

UMW Dining offers a variety of meal plans tailored to fit any residential or commuting student appetite. You may choose from our Super (unlimited) Meal Plan, several block meal plans that provide a set number of meals each semester, or a 5 Meal Plan designed for commuters. For a complete list of meal plans, visit [www.umwdining.com](http://www.umwdining.com).

## 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



## The Restaurants at Seacobeck

**The Washington Diner** features "The Grill" with all-American standards like hotdogs, hamburgers, grilled cheese, fries, and veggie burgers. The "Hometown" station offers classic favorites like macaroni and cheese, mashed potatoes and gravy, and more. There is also a "Wild Mushroom" station especially for vegetarians.

**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 toss specials, and a gelato bar.



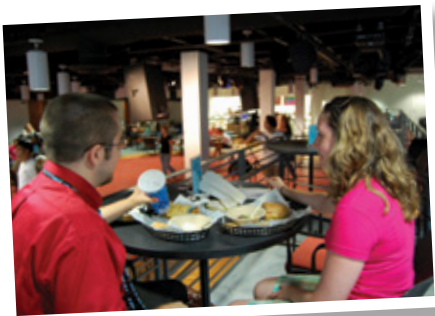
### Hours of Operation:

Monday – Thursday	7:15 a.m. - 8 p.m.
Friday	7:15 a.m. - 7 p.m.
Saturday	Continental breakfast 9:30 - 11 a.m. Brunch 11 a.m. - 2 p.m. Dinner 4 - 6:30 p.m.
Sunday	Continental breakfast 9:30 - 11 a.m. Brunch 11 a.m. - 2 p.m. Dinner 5 - 7 p.m.



## The Underground

Located in Lee Hall, the Underground is a multifunctional programming space in which food and beverages are available for purchase.



## The Eagle's Nest



**Jazzman's Cafe** has coffee, tea, and smoothies to keep you going throughout the day, along with freshly baked specialty muffins, scones, and brownies.

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

**Stacks Deli** fixes your sandwich however you like it – choose your bread, meat, cheese, and toppings!

**Mesa Jake's** provides burritos, tacos, and nachos made the way you want them – choose from a variety of fillings and toppings.

**Grill 155°** offers everything from breakfast sandwiches to hamburgers and veggie burgers to chicken sandwiches.



**Pete's Arena** offers pizza whole or by the slice for those late nights studying. Eat it in, or get it all to go.



**Cyclone Salads** provides something healthy and fresh. Make your own creation, choose from four different types of lettuce, cheeses, and 12 vegetables, add chicken or ham for variety.

### Hours of Operation:

Monday – Friday	7:30 a.m. - 11 p.m.
Saturday	noon - 11 p.m.
Sunday	2 - 11 p.m.
Late Nite (Thursday, Friday, Saturday)	11 p.m. - 1:30 a.m.



# LIFE AT UMW

in this section

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

# Athletes

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 19-year history of the conference. UMW also has produced hundreds of All-America selections, as well as 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 [www.umweagles.com/staff.aspx](http://www.umweagles.com/staff.aspx). Most sports involve off-season training programs in the summer, and some fall sports require early arrival in August. Because NCAA Division III programs do not give athletic scholarships, open tryouts are held in every sport. As a candidate for a fall and/or winter team, you **must** register for a 400-level Physical Education Class in your sport(s).

To meet athletic eligibility requirements, several mandatory forms must be completed and returned to your coach by **August 1, 2011**. Consult [www.umweagles.com](http://www.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 respective sport that must be completed and returned by the dates indicated.



# Commuting Students

**Between Classes:** Places to study and relax include the Commuter Tan Lounge, Eagle's Nest, and the Washroom, which are all located in the Woodard Campus Center. Other lounge spaces are available in Lee (The Underground), Seacobeck, Simpson Library, Trinkle study labs, and Combs.

**Commuter Student Services Office:** Visit Marye House or call 540/654-1058.

**Counseling and Psychological Services (CAPS):** Services are free to all full-time, degree-seeking students.

**Dome Room:** The Dome Room in Seacobeck is accessible using your EagleOne student ID for late-night study space, 9 p.m. to 6 a.m.

**Health Center:** All incoming full-time students, whether commuting or residential, must submit to the Health Center by **August 1, 2011**, 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 "2011 New Students" at [www.umw.edu/healthcenter](http://www.umw.edu/healthcenter), or call the Health Center at 540/654-1040.

**Lockers:** Lockers are available, free of charge, in Woodard Campus Center beginning on the first day of classes each semester. Lockers are assigned by the Woodard Campus Center Information Desk staff. Students must supply their own locks. Priority is given to full-time degree-seeking students.

**Meal Plans:** Commuting students may participate in all meal plans. To enroll, contact the Office of Student Accounts.

**More:** Commuting Student Association (CSA) plans a number of social events as well as an off-campus housing fair. Be sure to attend the Commuter Student Social during orientation and get on the CSA mailing list.

**Official Notifications:** The campus post office box and your UMW email are channels for official communications and critical information from the University. It is your responsibility to check your assigned box and your UMW email regularly.

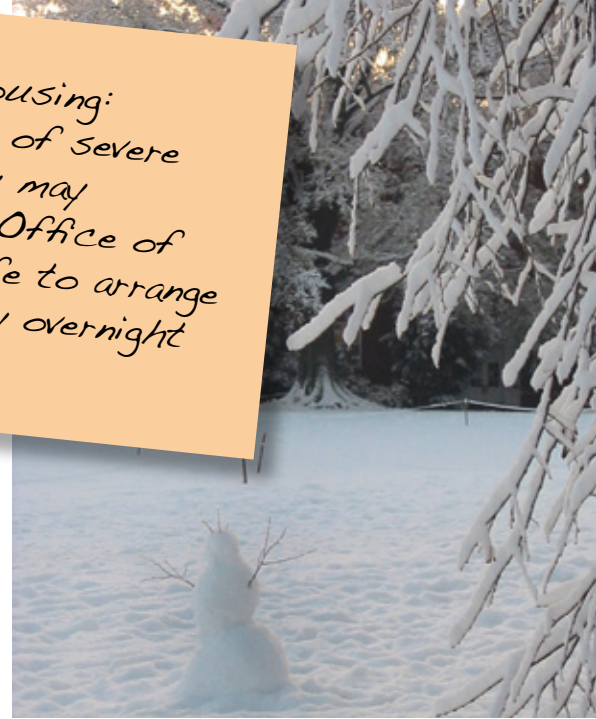
## Disability Resources

The Disability Resources office works with the University community 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, you will need to submit documentation of your disability to the Disability Resources office and make an appointment to meet with the director. Please see the Disability Resources website, [www.umw.edu/disability](http://www.umw.edu/disability), to learn more about documentation requirements, services available, and frequently asked questions.

If you need accommodations in your residence hall, such as a wheelchair accessible room or visual fire alarm, complete the housing accommodations application at [www.umw.edu/disability/forms](http://www.umw.edu/disability/forms), under "Housing Accommodations," by **June 10, 2011**.

An orientation program to explain how services and accommodations work at UMW is offered to students with disabilities and their parents **August 23, 2011**. Contact the Disability Resources office for information.

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



# Frequently Asked Questions

## How can I get around without a car on campus?

- Ride FRED buses for free with your student ID throughout the city and to the Spotsylvania Towne Center and Central Park retail center. 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 the Eagle Village Shopping Center.
- Ride your bike.
- Check out the "Rides Wanted/Needed" bulletin board in Woodard Campus Center and share rides.
- 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 ([www.vre.org](http://www.vre.org)) to Northern Virginia and Washington, D.C., for less expensive weekday fares.
- Airports within a 75-mile radius include Richmond, Reagan, Dulles, and BWI.
- Make your holiday travel plans in advance!

## What is Connections Week?

Held the first week of classes, it provides a chance to get involved with campus and local communities!

- **Monday** – Meet the Leaders BBQ. Learn what student groups plan for the year.
- **Tuesday** – Community Service Fair. Find out how to help in the community.
- **Wednesday** – Club Carnival. Talk with club leaders. Sign up to receive more information.

**How can I get involved in promoting diversity on campus?** UMW values and celebrates diversity. The James Farmer Multicultural Center sponsors the Cultural Awareness Series that brings nationally prominent writers, speakers, and performers to campus. In addition, many student organizations focus on celebrating multicultural awareness. You may choose to join such groups as the Black Student Association (BSA), People for the Rights of Individuals of Sexual Minorities (PRISM), Women of Color (WOC), Islamic Student Association (ISA), Asian Student Association (ASA), Latin Student Association (LSA), Brothers of a New Direction (BOND), Voices of Praise Gospel Choir, Students Educating and Empowering for Diversity (SEED), Jewish Student Association (JSA), campus ministries, and other initiatives.

## What does UMW offer as entertainment for students?

Every day is different! Our campus organizations plan a wide variety of events, most of which are free! The programming features everything from "drive-in" movies on Ball Circle to themed dances, comics, and barbecues. Many clubs and organizations plan weekend events for their members, host speakers, and offer fun activities. Class Council organizes annual events and school dances. Giant Productions brings major concerts, bands and comedians to campus, and Cheap Seats Cinema shows recently released blockbuster movies for \$1. There are a multitude of outdoor and indoor athletic competitions with free admission. For more information about what's going on, check Student Activities in the EagleNet Portal.

**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. Some contacts listed are UMW students.

Baptist Collegiate Ministries	<a href="mailto:jc.mason@vbmb.org">jc.mason@vbmb.org</a>
Campus Christian Community	540/373-9255
Canterbury Club (associated with Trinity Episcopal Church)	<a href="mailto:info@umwcanterbury.com">info@umwcanterbury.com</a>
Catholic Campus Ministry	<a href="mailto:ronnie@umwccm.org">ronnie@umwccm.org</a>
Encounter Club (associated with Spotswood Baptist Church)	<a href="mailto:eswanger@gmail.com">eswanger@gmail.com</a>
The Gathering (inter-denominational Christian club)	<a href="mailto:kjones5@mail.umw.edu">kjones5@mail.umw.edu</a>
Grace Campus Ministries (affiliated with Grace Church)	<a href="mailto:umw.gcm@gmail.com">umw.gcm@gmail.com</a>
Intervarsity Christian Fellowship	<a href="mailto:cmvhrum@mail.umw.edu">cmvhrum@mail.umw.edu</a>
Islamic Student Association	<a href="mailto:isa@mail.umw.edu">isa@mail.umw.edu</a>
Hillel (Jewish)	<a href="mailto:hillel@umw.edu">hillel@umw.edu</a>

# Great Events on Campus

## No Student Should Miss



Acoustic Nights

Alternative Spring Break

Athletic events

Homecoming events and games

Devil Goat Day

Victorian Ball

Multicultural Fair

Study Abroad Fair

Powder Puff Football

Halloweens

Step Show

Into the Streets

Plays

Concerts

Comedians

Great Lives lectures

Club Carnival

Cheap Seats Cinema

Barbecues

Taste of Asia

Mr. UMW

Drag Show

Friday Night Dry

Roctoberfest

Thanksgiving dinner at Seaco

Open mic nights

Drive-in Movies

Fall Fest

Battle of the Bands

Victorian and Elizabethan feasts

Bingo Nights





# Healthy U

## Campus Recreation

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

UMW offers a comprehensive campus program to meet the needs and interests of the campus community. Students, faculty, and staff can work out in the state-of-the-art Fitness Center, participate in traditional and non-traditional intramural events, join a group fitness class, or compete as a member of the talented Eagle sports clubs.

The flagship of Campus Recreation, the Fitness Center features free weight and circuit equipment, the most up-to-date cardiovascular equipment, and a spectacular view of Campus Walk. The facility also houses the Campus Recreation offices and the Wellness Resource Center.

The intramural sports program offers everything from highly competitive flag football and basketball leagues to retro events like dodgeball and kickball. Non-traditional events include a video game challenge as well as competition in billiards, table tennis, and air hockey.

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
- Boxing
- Cheerleading
- Canoe and kayak
- Color guard
- Cycling
- Fencing
- Men's rugby
- Men's soccer
- Men's Ultimate
- Tennis
- Terrapins (synchronized swimming)
- Women's basketball
- Women's rugby
- Women's soccer
- Women's Ultimate
- Women's volleyball

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 professionally staffed by clinical psychologists 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 as many as 10 individual therapy sessions each year, as well as 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/or 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 respective approaches to therapy. Be sure you have your health insurance information card; many insurance plans require that you use the services from their pre-approved lists of providers in order 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 **August 1, 2011**, 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 "2011 New Students" at [www.umw.edu/healthcenter](http://www.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 History, Tuberculosis Screening, and Immunization 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.

# WING TIPS



The Health Center's Self-Care Center 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 at UMW.
- Through the Center for International Education (CIE), students have access to numerous opportunities to study abroad. Students can research programs and easily register to study abroad through EagleNet. The CIE works closely with faculty to develop, promote, and enroll students in UMW faculty-led and partner programs; organizes study abroad fairs; and regularly invites study-abroad partner providers to campus to inform UMW students about their programs.
- CIE provides a warm welcome to international students—from congratulations when they are admitted, to conversations via Skype or email regarding a myriad of pre-arrival questions, to arrangements for pick-up at the airport and assistance from internationally-minded UMW students during early move-in and orientation. Once students are on campus, CIE organizes special events and outings, continually assisting international students with immigration matters, banking and billing questions, cell phone plans, pre-and post-graduation employment options and much more. Whether international students will be at UMW for four years or just a semester, CIE does everything possible to ensure that they have a great experience.



## 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.
- Specific interest groups on campus assist in promoting diversity within the UMW community and offer programs and resources that foster an awareness and understanding of cultural differences including the Asian Student Association, the Black Student Association, Brothers of a New Direction, the Latino Student Association, Islamic Student Association, Jewish Student Association, S.E.E.D. (Students Educating and Empowering for Diversity), PRISM (People for the Rights of Individuals of Sexual Minorities), and Women of Color.



## Random Tips from UMW Students

*Participate in all of the Orientation Week activities and keep your residence hall room door open - you'll meet more people that way.*

Write down everything on a calendar!

*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!*

*Wait until fall break to go home.*

# 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 and is located on the second floor of Mercer Hall.

# 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, both for their own good and for the good of others. The vast majority of our students consistently rise to that challenge. 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, as well as 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.





# ORIENTATION

- Avoid the Move-In Dory Blues
- Directions to Campus
- Essential Information
- Orientation Schedule —  
What to Expect

in this section



# 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!
- Remember that lofts are not permitted in Russell, Virginia, Custis, Bushnell, or Marshall halls or the UMW Apartments.
- Fredericksburg can be very warm and humid in August. Dress appropriately and have cool water with you.

# 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. (Go slowly – the parking lot is easy to miss!)

**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. (Go slowly – the parking lot is easy to miss!)

# Essential Information

**Administrative Offices:** Regular business hours are Monday-Friday, 8 a.m.-5 p.m. During certain times in the semester, including the first week of classes and registration period, some offices will have extended hours.

**Assistance:** If you find you are lost, confused, or otherwise bewildered at any time during Orientation, help is available. The Lee Hall Information Desk, on the third floor, will serve as a "triage" point on move-in day to help anyone determine where to go for assistance with concerns. After move-in, the central location for answers to your questions during regular business hours is the Office of Student Activities and Community Service in the lower level of Seacobeck. If you need help after 5 p.m. or on weekends, check with the Residence Life staff in your assigned residence hall.

### Automobiles:

**First-year freshmen are not permitted to bring cars.** This applies to the **entire academic year**, regardless of UMW credits earned during the fall semester. Any student who attempts to avoid this restriction by parking a car off campus on streets surrounding UMW is subject to disciplinary action, which may include loss of parking privileges as a second-year student and/or other judicial sanctions.

**Registration:** Upperclassmen are permitted to bring a car, which they must register for parking using the EagleNet Portal. Instructions will be posted prior to the registration period. The decal fee (see EagleNet for cost) will be added to the student's account upon registering a vehicle. Residential students may register only one vehicle. Failure to register your vehicle will result in both a fine and a review of your privilege to have a vehicle on campus. It also may result in towing.





*Make sure you bring this book with you when you come to Mary Washington in the fall!*



**Bicycles:** Bicycle registration with the University Police is mandatory, but there is no charge. The police will, upon request, engrave identification information on your bike. Bicycles should be securely locked to racks when not in use; they may not be stored or parked on campus walkways, steps, in building hallways, stairwells, doorways, or on stairs.

**Parking:** Parking regulations will be enforced beginning Monday, **August 29, 2011**, at 7 a.m. If you are qualified to have a car on campus, park in a student parking area. Do not park your vehicle in areas designated for faculty/staff or in the surrounding neighborhoods. Illegally parked vehicles will be ticketed, either by the University or the City of Fredericksburg.

It is the responsibility of each student driver to be familiar with the parking regulations. For the complete and comprehensive guide, you may refer to the University Police website or obtain a copy of the "Motor Vehicle Policy and Regulations" from the University Police.

#### What to Bring

- **This Book!**
- Packed and **labeled** belongings
- Collapsible dolly or cart to help move larger items
- Your sense of humor
- Copies of transfer or dual enrollment transcripts and AP, IB, CLEP, and/or Cambridge results
- Photo ID
- Paper, pens, and pencils for note- and test-taking

## Orientation Schedule – What to Expect

**N**ew Student Orientation will be held **August 24-28, 2011**. The program includes informational and interactive sessions for both students and parents, and it is required for all new freshman and transfer students, residential and commuting. The complete Orientation schedule will be released in July, and will be available through the EagleNet Portal and at [www.umw.edu/cas/orientation](http://www.umw.edu/cas/orientation). Schedules will also be mailed to all students. The following information provides a glimpse of what's in store.

**Orientation starts on move-in day, August 24.** Vendors will be selling/leasing carpets and refrigerators and selling lofts. The Bookstore and EagleOne Card Center will be open, as will various offices across campus where you may discuss students accounts, financial aid, and transfer credit questions. After a joint welcome session with President Hurley on the afternoon of move-in day, students will meet with their Orientation Leaders while their parents and family members attend an informational session to assist them with UMW resources. Afterward, parents are invited to join the incoming class and the UMW community for an early evening barbeque. Once families depart, students can look forward to:

- Residence hall meetings
- New student socials
- Group and individual meetings with faculty advisors
- Team-building activities for getting connected
- Discussions on community expectations



- Community Welcome Fair
- Presentations on undergraduate research, academic expectations and success strategies, the Simpson Library, study abroad, internships, career services, and much more!
- Opportunities to meet with faculty and staff from academic departments and services
- Follow-up foreign language placement and exemption tests (by invitation only)
- Pre-Med/Pre-Dental, Pre-Law, and Education Program meetings
- Music performance auditions
- Orientation to UMW computing and networking
- Honor Convocation with the faculty to formalize your commitment to the UMW Honor Code
- Movies, comedy night performance, dances, tubing on the river, and other social events
- Community service projects

**As this book goes to press, we are finalizing all the details for Orientation. When the schedule is completed, it will be posted in the EagleNet Portal.**



# PARENTS AND FAMILIES



# PARENTS AND FAMILIES

**W**elcome! 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 intended to be a resource to assist you over the next several months in finding answers to those questions or locating the appropriate place to direct your questions.

**“A Little Something From Home”** is offered by the Fredericksburg Alumni Chapter if you would like to send a special-occasion cake or a care package for final exams. This fundraising project supports the UMW Fredericksburg Chapter Scholarship, and is the only program endorsed by the University to provide cakes or exam “survival kits.” Be wary of other offers that purport to be from UMW but do not offer a Fredericksburg contact number.

**Absence from Class:** To make up missed work for short 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 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 during the entire first year, 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’ policy 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 [eagleone.umw.edu](http://eagleone.umw.edu).

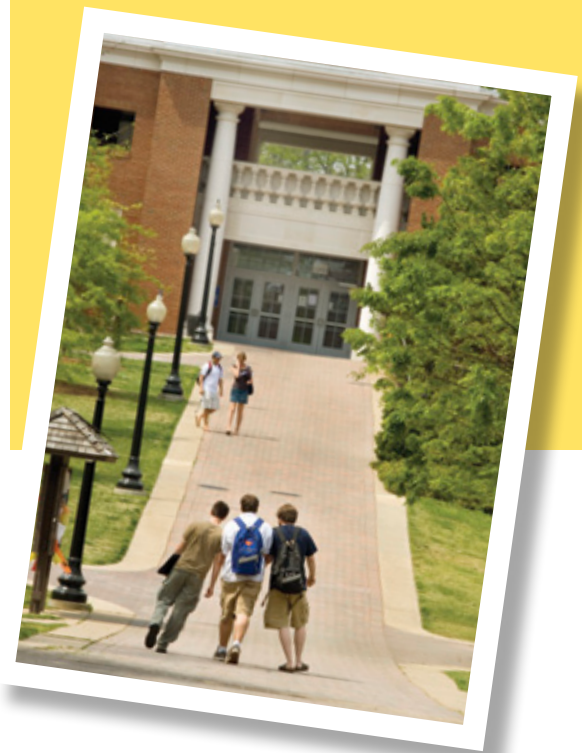
**Family Weekend:** This occasion gives families and friends of UMW students an opportunity to visit the campus and spend time together while getting an inside look at the University’s academic, social, and athletic activities.

**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 [www.umw.edu/registrar/ferpa\\_policies\\_procedures](http://www.umw.edu/registrar/ferpa_policies_procedures) or the U.S. Department of Education online at [www.ed.gov/policy/gen/guid/fpco/index.html](http://www.ed.gov/policy/gen/guid/fpco/index.html). Additional academic resources for parents can be found at [www.umw.edu/cas/acservices/parents](http://www.umw.edu/cas/acservices/parents).

## WING TIPS



**Limited housing options are available during Thanksgiving, winter, and spring breaks for international and out-of-state students, but only for those who apply at least one week prior to the posted closing time. Students should contact the Office of Residence Life to investigate possible housing options for breaks.**



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

**Opportunities to Stay In Touch:** The Office of Academic Services helps you stay connected with UMW. Learn more by visiting [www.umw.edu/parents](http://www.umw.edu/parents) and [www.umw.edu/cas/acservices/parents](http://www.umw.edu/cas/acservices/parents). Complete the online parent information form at available on the EagleNet Portal to ensure you receive communications, including information about Family Weekend and other special events, as well as the *University of Mary Washington 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 [www.umw.edu/gift/parentleadershipcircle/default.php](http://www.umw.edu/gift/parentleadershipcircle/default.php).

**Parking:** When visiting your student during the academic year, please use the visitor spaces near George Washington Hall or obtain a free visitor dash pass from the UMW Police Department, located in Brent Hall and open 24/7.

**Safety and Security:** The campus is protected by its own police officers, who are on duty 24 hours a day and operate a safety escort service in the evenings. Students may request a ride from outlying parking areas or an escort across campus to their residence halls.

Smoke detectors have been placed in the hallways, stairwells, and rooms of residence halls, and each hall has three fire drills each semester. Violations of fire safety regulations such as false alarms or tampering with fire extinguishers or equipment are taken very seriously. Such violations may result in severe disciplinary action such as suspension or loss of housing privileges in addition to responsibility for the cost of repair of damages.

**Student Employment:** Approximately 25 percent of UMW students work on campus, 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 Services offers a seminar 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 [www.umw.edu/cas/acservices/services/study](http://www.umw.edu/cas/acservices/services/study) and [www.umw.edu/cas/acservices/services/tutoring](http://www.umw.edu/cas/acservices/services/tutoring).



# Talk With Your Student About:



**Alcohol** – Data show that students consistently overestimate how much their peers use alcohol, tobacco, and other drugs. For example, although students think 98 percent of their peers use alcohol, almost 20 percent have never used it at all. Despite what is shown on TV, there is nothing unusual about drinking responsibly – or, if you are under 21, about not drinking at all.

Families have different rules and traditions concerning alcohol. The alcohol policy at UMW, however, strictly prohibits possession or consumption of alcohol by students younger than 21, and prohibits intoxication at any age. Alcohol, when used responsibly, may be an enjoyable accessory at many social occasions. Misused, it also may be a factor in low academic performance, sexual assault, and very poor decision making.

**Drugs** – This one is easy: UMW does not tolerate the use, possession, or distribution of illegal drugs (including marijuana),

or being under the influence of these substances.

**Finances** – If your student doesn't know how to budget, now is the time to learn! Consider:

- Will your student's checking account be at home or in Fredericksburg?
- Who will deposit money into the account and how often?
- Where will the account statement be delivered?
- Who is responsible for what expenses?
- How should your student handle payment for off-campus transportation, entertainment, books, residence-hall dues and charges, student-organization dues, etc.?

**Internet Street Smarts** – Social networking sites such as Facebook and MySpace are tremendously popular, and many students create profiles on one or more of them. Unfortunately, they tend to post too much information – where they live, their contact information, personal photos, etc. – which makes these sites useful to potential stalkers and other criminals. Many students do not realize that these sites are public, and that more and more employers look online at student profiles when they are considering job candidates. In addition, campus officials who have occasion to view these sites may receive a negative or mistaken impression of the student.

**Intimacy and Consent** – We live in a society in which people sometimes measure their worth by their ability to “hook up” or “score.” This attitude, especially when it is combined with alcohol use, can lead to sexual assault. A person under the influence of alcohol cannot give valid consent to intimate or sexual activity, even if he or she says “yes.” Neither can a person whose ability to make decisions is affected by drugs – legal or illegal. Sexual assault is not “a miscommunication,” and it is never the fault of the victim! Student Affairs offers programs for first-year students and it provides ongoing programs and resources throughout the academic year to educate students about alcohol, drugs, and sexual assault.

**“Will This Go On the Permanent Record?”** – Disciplinary issues, even minor ones, are part of the educational record. All disciplinary violations become part of that record and remain there for at least three years after the last attendance. Graduate schools (especially law and medical schools) and many potential employers consider a student's disciplinary record before making offers.

Mail sent to a student's campus mailbox constitutes proper notification of a judicial charge, sanction, hearing attendance, or other judicial matters. “I didn't check my mail” is not a valid excuse for not responding to such communications.

UMW gives students accused of a judicial violation numerous rights during the judicial process. Urge your student to know them. Understand them. The judicial system is meant to be educational, not adversarial, so students should ask questions and take advantage of all educational opportunities. For example, although pre-hearing conferences usually are optional, they can help a student to understand a charge, his or her options, and possible consequences.

# UMW GLOSSARY: EagleSpeak – Words you'll need to know

**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

**BATTLEGROUNDS** – 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

**BLACKBOARD** – online course management system accessed through the EagleNet Portal that provides course information such as notes, grades, assignments, and class announcements. Use varies by professor.

**BLUE LIGHTS** – emergency lights located throughout 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

**CENTRAL PARK** – 310-acre shopping area located west of campus on Route 3 with more than 100 stores (Target, Wal-Mart, Best Buy, Old Navy, etc.) and almost every major national chain restaurant you can imagine

**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 work on and off campus and service-learning programs

**DODD** – auditorium in GW Hall, home to many UMW traditions including Honor Convocation, Junior Ring Ceremony, Senior Convocation, 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 Patrol** - student security under the Police Department

**EAGLE VILLAGE** – the former Park & Shop, purchased by UMW and being converted into 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](http://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

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

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

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

**JEFFERSON SQUARE** – lawn located 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 Bookstore, and The Underground

**Mdub** – otherwise known as MW or Mary Washington

**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

**NEST** – abbreviation for the Eagle's Nest food court in Woodard Campus Center

**OSACS** – Office of Student Activities and Community Service, helps students plan events, start a club, approve fliers, and more

**SEACO** – abbreviation for Seacobeck Hall, the main campus dining facility

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

**The UNDERGROUND** – Student programming facility which hosts events nearly every night of the week

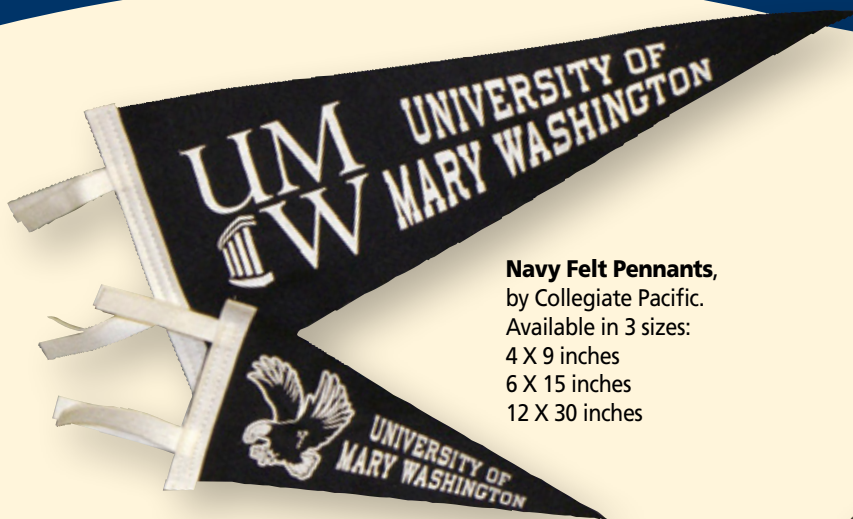
**WASHROOM** – recreation room located in the Campus Center with computers, televisions, pool tables, air hockey, ping pong, and more

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

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



# UNIVERSITY OF MARY WASHINGTON BOOKSTORE



**Navy Felt Pennants,**  
by Collegiate Pacific.  
Available in 3 sizes:  
4 X 9 inches  
6 X 15 inches  
12 X 30 inches



**Red UMW Cap,**  
by the Game.  
Adjustable red cap with  
stitched "UMW" in blue  
and "EAGLES" underneath.



**UMW Better Bottle,**  
by Camelbak.  
Available in a  
variety of colors.



**Toe Goz Flip Flops**  
Navy with UMW  
embroidered in white  
with gray outline.  
Sizes 5-13

## UNIVERSITY OF MARY WASHINGTON **UMW Auto Decal,** by Color Shock.



**Cross Grain Hooded Sweatshirt**  
Attractive 85% cotton/ 15% polyester sweatshirt  
by Jansport, available in oxford only.  
S,M,L,XL

**University T-Shirt**  
100% Cotton by Jansport, available in  
oxford and navy (shown).  
S,M,L,XL,XXL



**UMW Ribbon Tote Bag,**  
by Moonshine.  
Small (shown)  
Large

**More great items are available online.  
Place your order today at:**





# UMW Fredericksburg Campus



## Alphabetical Key

1004 College Avenue	48
1201 William Street	49
Alvey Hall	39
Alvey House	44
Anderson Center	45
Annex A	47
Annex B	46
Arrington Hall	38
Art Gallery Ridderhof Martin	32
Ball Hall	21
Battleground Athletic Complex	52
Bell Tower Carmen Culpeper Chappell Centennial Campanile	50
Brent House Public Safety	8
Brompton UMW President's residence - private	51

Bushnell Hall	9
Chandler Hall	26
Combs Hall	10
Cornell House	23
Custis Hall	22
duPont Hall Klein Theatre duPont Gallery Studio 115	35
Eagle Landing	55
Fairfax House Human Resources	19
Fitness Center	41
Framar House	5
George Washington Hall Dodd Auditorium	12
Goolrick Hall Gymnasium Swimming pool	42
Hamlet House	17
Heating Plant	37

Jefferson Hall	6
Jepson Alumni Executive Center Alumni Relations	2
Jepson Science Center	40
Lee Hall Admissions Bookstore Financial Aid The Underground	24
Library, Simpson	33
Madison Hall	20
Marshall Hall	3
Marye House	15
Mason Hall	13
Melchers Hall	34
Mercer Hall	31
Monroe Hall	27
Parking Deck	43
Physical Plant	54

Pollard Hall	36
Randolph Hall	11
Russell Hall	7
Seacobeck Hall	29
South Hall	4
Tennis Center	53
Trinkle Hall	16
Tyler House	18
University Apartments	1
Virginia Hall	25
Westmoreland Hall	14
Willard Hall	28
Woodard Campus Center Eagle's Nest Great Hall Post Office	30

## Numerical Key

1 University Apartments	17 Hamlet House
2 Jepson Alumni Executive Center Alumni Relations	18 Tyler House
3 Marshall Hall	19 Fairfax House Human Resources
4 South Hall	20 Madison Hall
5 Framar House	21 Ball Hall
6 Jefferson Hall	22 Custis Hall
7 Russell Hall	23 Cornell House
8 Brent House Public Safety	24 Lee Hall Admission Bookstore Financial Aid The Underground
9 Bushnell Hall	25 Virginia Hall
10 Combs Hall	26 Chandler Hall
11 Randolph Hall	27 Monroe Hall
12 George Washington Hall Dodd Auditorium	28 Willard Hall
13 Mason Hall	29 Seacobeck Hall
14 Westmoreland Hall	30 Woodard Campus Center Eagle's Nest Great Hall Post Office
15 Marye House	
16 Trinkle Hall	



Avenue, Fredericksburg, VA 22401 • 540/654-1000 • www.umw.edu





1301 College Avenue  
Fredericksburg, VA 22401-5300  
[www.umw.edu](http://www.umw.edu)

