# EAGLE ESSENTIALS







NOTES					

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# WELCOME TO UMW

#### IN THIS SECTION:

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



# WELCOME

## Congratulations

on your decision to join the University of Mary Washington, a place where you will juggle rigorous academics with a rich array of extracurricular activities. We look forward to welcoming you in August to your new home away from home.

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

As of **April 4, 2012**, you will be connected to a whole new world. At that time, you can go online to retrieve your UMW NetID and password.

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



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

We prefer that you return your completed forms by email. If you do not have access to a computer and need paper copies of forms and contracts, please call the appropriate office and return the requested information to that department.

## 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, 2012, a completed Health History, Tuberculosis Screening, and Immunization Record Form signed by a health care provider. For more information and to download the form, please see "New Students" at **students.umw.edu/healthcenter**, or call the Health Center at 540/654-1040.

#### CHECKLIST:

NetID Available Online	April 4
Housing & Dining Services Agreement (available on EagleNet)	April 4
New Student Advising Survey	May 1-31
Student Scholarship Application Form	May 15
Textbook Reservation Opens	May 20
Transfer Student Registration	May 21 - June 1
Application for Housing Accommodation to Disability Resources	June 1
Housing and Dining Agreement	June 1
Residence Hall Open House (optional)	June 22
Foreign Language Placement Testing	June 22
Final Grades or Transcripts	July 1
Parent and Family Information Form	July 15
Textbook Reservation Program	July 28
Health History, Tuberculosis Screening, Immunization Record Forms	Aug. 1
Online photo submission for EagleOne cards Online photo submission for EagleOne cards (opens May 20)	Aug. 4
Emergency contact information in EagleNet	Aug. 22
Move-in Day and Orientation	Aug. 22

ACADEMIC CALENDAR	FALL	SPRING
Transfer Student Registration	May 21 – June 1	
New Student Course Registration	June 18-July 13	
Schedule Adjustment Period (all students)	July 16 - Aug. 31	
*Residence Halls Open (new students)	Aug. 22	Jan. 10
Residence Halls Open (returning students)	Aug. 26	Jan. 13
Classes Begin	Aug. 27	Jan. 14
Last Day to Add Courses	Aug. 31	Jan. 18
Course-Drop Deadline (without a "W" grade)	Sept. 14	Feb. 1
Family Weekend	Sept. 21-23	
Fall/Spring Break	Oct. 12 (5 p.m.) - 16	March 1 (5 p.m.) - March 10
Advising Period	Oct. 17-26	March 11-22
Homecoming Weekend	Oct. 19-20	
Individual Course Withdrawal Deadline	Oct. 26	March 15
Advance Registration	Oct. 29 - Nov. 9	March 25 - April 5
Thanksgiving Break	Nov. 21-25	
Classes End/Last Day to Withdraw from UMW	Dec. 7	April 26
Reading Days	Dec. 8-9	April 27-28
Final Exams	Dec. 10-14	April 29 - May 3
Commencement		May 10
Residence Halls Closed	Nov. 21-25	March 1 (9 p.m.) - March 10 (2 p.m.)
	December 15	May 4 (except for graduates)

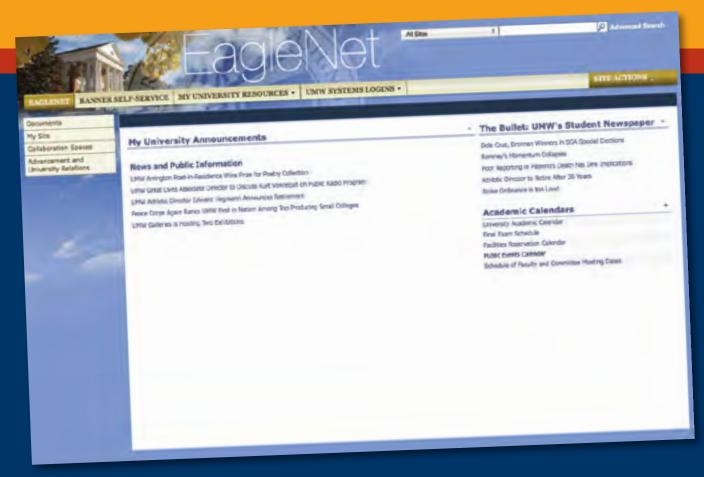
May 12 (for graduates)

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

# **EagleNet** Portal

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





Regularly accessing the EagleNet Portal at eaglenet.umw.edu to check for announcements is essential.





# EagleOne Card

Your official UMW identification card is called the EagleOne card. Stop by the EagleOne Card Center in Lee Hall to have your photo taken and receive your card. Visit **eaglenet.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, all dining operations 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 EagleOne account 24/7 online (**eagleOne.umw.edu**), by mail, and at the Cashier's Office and at the EagleOne Card Center, both in Lee Hall. With the EagleOne card, you won't need to carry cash, write checks, or use a bank credit card anywhere you see the EagleOne logo.



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



## Technology

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

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

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

Apogee is the service provider for residential networking, including Internet access, wired and wireless connectivity, and cable TV and IPTV service. To learn more about Apogee's services, visit **apogeenet.net/myresnet**.



# 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 **April 4, 2012**. You may find your NetID by following the step-by-step instructions found at **technology.umw.edu/connecting** 

#### Viruses, Worms, and Spam...

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

#### Wireless

UMW has a wireless network for residence halls and a wireless network for academic and administrative buildings. Information on how to connect to these networks is available at: technology.umw.edu/connecting/connecting-my-laptop/connecting-to-the-secured-network/

# **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:

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 8**, **2012**.

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.

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. If you know your prospective major, be sure to run a Degree Evaluation (a "What-If Analysis,") to see where your transfer courses fit into your degree.

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.

**TIPS** 

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

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

Classes at Mary Wash are challenging 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 Dictionary of Academic Regulations found at **publications.umw.edu/dictionary** may also be helpful as you plan your academic experience at UMW.

## **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

# First-Year Seminar Courses Offered in 2012-2013

Any course numbered FSEM 100, HIST 201, HIST 202, or HONR 100 will satisfy the first-year seminar requirement. Here's a list courses scheduled for the fall semester. In several cases, there are multiple sections available for the seminars listed:

#### **FSEM 100 Courses**

- Autism in Contemporary Literature and Film
- Politics, Culture, and Global Media
- Cinderella/Harry Potter
- Critical Thinking and the Internet
- Lost Manuscripts of Christianity
- Energy Resources in the 21st Century
- Cryptology
- When American Came Marching Home
- Virtual Vernacular Recorded Music
- Race and Revolution
- French New Wave: Cinema and Society

- Finding Fashion
- Cold Case: Theatre Mysteries
- Holocaust in German and U.S. Cultures
- International Short Fiction by Women
- American Detective Fiction
- Video Game Canon
- Feminism Second Wave

#### **HIST 201 Course**

• Statesmen, Soldiers and Leadership in Wartime

#### **HONR 100 Course**

Sexualities in Southern Literature



#### UNDER

## **CONSTRUCTION!**

When you arrive on campus in August, you will see the beginnings of an exciting new building starting to take shape. The working name for the building – the Information and Technology Convergence Center – is designed to capture the main focus of the new building. It will be an "academic commons" building — a place where a variety

of technology, information, teaching, and resources will come together in an environment that is modern, energetic, and vibrant. While the building will look like other UMW buildings on the outside, inside it will be totally different from anything else on campus.

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

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

Construction is scheduled to finish sometime in January 2014. Shortly thereafter, you will have an opportunity to among the first users of a building that is distinctive and unlike any other facility on a university campus in Virginia. To learn more about this new building, and to keep up with events as the project unfolds, you can go to:

# **Frequently**Asked Questions



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 16 to August 31. After that you may drop courses until 5 p.m. on Sept. 14, 2012.

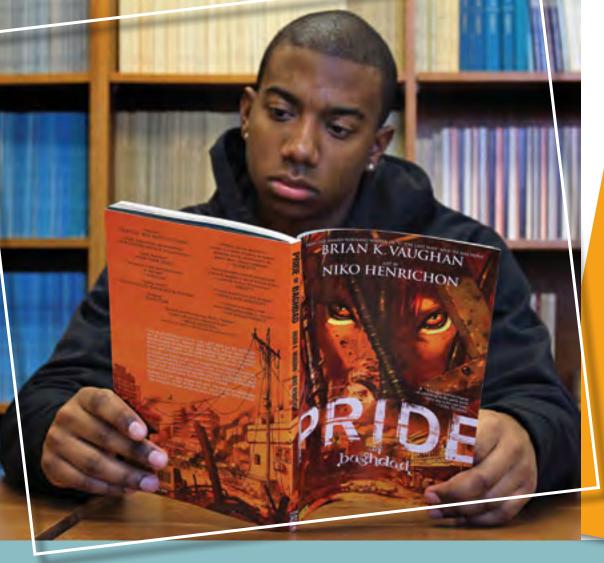
I didn't get into any classes for my major. What do I do? Majors are designed to be completed in less than four years, giving first-year students time to work on general education requirements and electives. Electives – courses that you decide to take to pursue personal interests and goals – are a part 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.

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.





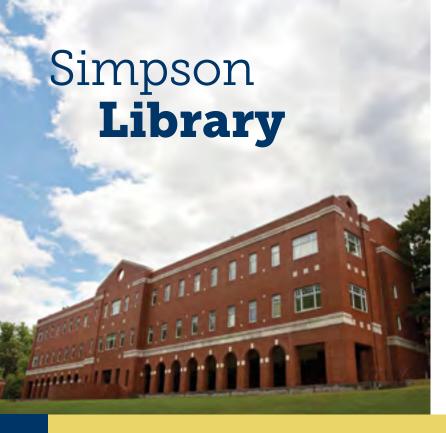
Students and parents are urged to enroll in the University's free emergency notification system:
UMW Alerts. This will be the primary (although not the only) system used in case of emergencies. Sign up at alert.umw.edu

# 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)



Conveniently located on Campus Walk, Simpson Library gives access to a full range of innovative and cost-effective services that satisfy the changing needs of UMW students and faculty – whether for information, education, or even recreation. Your library has in excess of 390,000 volumes and 63,000 periodicals, links to thousands of electronic publications, and a wide array of databases that furnish online access to books, magazines, journals, and newspapers.

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

## Office of Career Services

Why should freshmen think about career development and internships?

#### What "career development" includes:

- Helping you choose a major and explore related career fields, including online career assessment
- Counselors who can meet individually with you to help with questions related to majors, internships, jobs, graduate school and more
- Peer career advisors to answer your questions
- A website academics.umw.edu/careerservices with helpful links

#### Why freshmen should think about careers:

- In today's competitive job and graduate school environment, you can build the most competitive profile if you start early and keep on adding with leadership opportunities and internships
- UMW has an experiential learning requirement a faculty supervised experience designed to challenge students to go outside the classroom. An internship is a great way to fulfill this requirement: **academics.umw.edu/careerservices/students/internships**

# Tutoring and Study Skills

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

**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 **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 **umw.edu/cas/acservices/services/schedules**.

# **BUSINESS MATTERS**

#### IN THIS SECTION:

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



# **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**.

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

ввет	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



# **Textbook Reservation Program**

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

#### Sign up by July 26!

Ensure access to used textbooks and convenient delivery with a deposit of \$675 on your EagleOne card by July 26, 2012. 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 rental textbooks, e-books, computer supplies, and related instructional materials. In addition, the Bookstore carries a large selection of general reading books, 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, **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. To order Dell and Apple computers designed to UMW specifications, and for discount packages, order through the Bookstore website, **umw.edu/bookstore**.

# **Copy** Center

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

#### Put the Copy Center to work! Regular hours are:

#### Fall & Spring Semesters:

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

Summer Semester:

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



## 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. Detailed information about scholarships and financial aid is located on-line at umw.edu/financialaid.

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

#### 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 10**, **2012**, 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.

## TIPS

Advise those writing to you to use the following format:

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

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

Your Full Name Eagle Landing Box xxxx 1101 Jefferson Davis Hwy. Fredericksburg, VA 22401

### **Student** Accounts

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

Freshman and transfer tuition bills are available online through EaglePAY. An email notification will be sent to your UMW email address once the bills are available. Students can add additional email addresses or sign up Authorized Payers within EaglePAY. After your first semester, 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 the end of July 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. Please see adminfinance.umw.edu/studentaccounts for further information.

# CAMPUS DINING AND HOUSING

#### IN THIS SECTION:

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



# **Application** and **Agreement** for Residential Students

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

Complete the online housing application/agreement, found under the University Life tab on EagleNet, by **June 1, 2012**. (No additional housing deposit is required for new students.) When submitted online, this becomes a binding agreement between you and the University for 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 1, 2012**, will be processed on a rolling basis.

Students will be given their assigned room/roommate via EagleNet Portal in mid-June. An open house is set on **June 22** for students to visit campus and the residence halls. (Students who submit on-line photos by **June 7** may pick up their EagleOne card during the open house.) Check EagleNet and your email for information, updates and links to forms!



# 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 Agreement.

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

#### How many roommates will I have?

Residence halls have double, triple, and quad rooms, and every student has the same chance of being placed in any of them. Roommates are randomly assigned based on preferences noted on the Housing and Dining Services Agreement.

#### What are bathroom facilities like?

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

#### What are community standards?

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

May I install a window air conditioning unit in my room if my building does not have 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 students.umw.edu/residencelife/housingprocesses/online-forms.

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

Are there any living learning or themed communities that I can participate in as a freshman? Yes. UMW offers a number of livinglearning and themed communities for first year students. These communities include Empower U!, Justice for All, VISION and Gender Neutral Housing Community (GNHC). Empower U! focuses on personal empowerment from a feminist perspective, Justice for All will look at issues of social justice, and VISION is a leadership development program. You can read more about these programs on the Residence Life website at students.umw.edu/residencelife.

To be considered for participation, check the appropriate box on the Housing and Dining Services Agreement. Applications are due to Residence Life by June 1, 2012. If you are interested in one of these communities but have already submitted your housing agreement, please contact Residence Life. These communities are an excellent way to get your feet on the ground and make the most of your first year at UMW. No prior experience with the topic is necessary for membership.

I usually just use my 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.

## **Housing** Questions continued

#### Can I bring a fridge for my room?

Personally-owned refrigerators that are 2 amps or 4.5-cubic-feet or less in size are permitted, providing they are UL approved. Only one refrigerator is permitted in a double or triple room and two are permitted in a quad.

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

Can I request to live with a certain person?

Absolutely! There is a section in the online agreement that allows you to indicate your preferred roommate's name 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 agreements. If you want to indicate a roommate preference after you have submitted your Housing Agreement, you will need to submit your request in writing to 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, and computer network connections for each resident. Wireless network access is also provided throughout the residential buildings.

#### Do all residence halls have elevators?

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

When is move-in? Move-in for new incoming students is Wednesday, **August 22**, **2012**, beginning at 8:15 a.m. All individuals housed in first-year housing should report directly to their assigned residence hall. Transfer students should check in at the front Desk of Eagle Landing in the Eagle Village Shopping Center off of Route 1. 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? Overnight visitation is decided upon by community standards vote in each residence hall at the first meeting of the semester. The Office of Residence Life encourages roommates to discuss overnight visitation during their roommate agreement. Most communities permit overnight visitors, but check with your roommate(s) first to ensure everyone is in agreement.

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

- Ride FRED buses for free with your student ID throughout the city 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) to Northern Virginia and Washington, D.C., for less expensive weekday fares.
- Airports within a 75-mile radius include Richmond, Reagan, Dulles, and BWI.



**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 **sustainability.umw.edu/recycling**. In 2011, UMW diverted more than 212 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 reduces over 8,728,459 pounds of CO2 annually.

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

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

#### Getting Involved in Sustainability at UMW!

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**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 **sustainability.umw.edu** 

**Internships** Sustainability-focused internships are offered through the Career Services Office and have included work on funding and grant writing for sustainability programs, Recyclemania planning and organizing and sustainability PR and communication.

# Frequently Asked Questions about Dining



Where can I eat on campus? There are five dining locations on campus. Seacobeck Hall features three dining rooms with various buffet-style menus and cooking stations. The Eagle's Nest, located in Woodard Campus Center, offers national brands Vocelli Pizza and WOW Cafe & Wingery. The Market, also in Woodard CC, features Joe Stacks Coffee Bar & Deli as well as Simply To Go for meals for students on the run. Naturally Woodstock, The Underground in Lee Hall, focuses on simple cuisine that utilizes local produce and ecofriendly products. Finally, Jazzman's Cafe & Bakery in Simpson Library offers fresh coffee and treats.

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

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

What are EagleOne dollars? Your EagleOne card is your admission ticket to the dining facilities. You can purchase EagleOne dollars throughout the academic year at the EagleOne ID Center, the Office of Student Accounts, by mail, or online at 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.

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

May I bring a guest for dinner? Yes! Every Block Meal Plan allows you to use 5 of your meals for guests! If you've used all your guest meals or your plan does not include them, you may purchase meals at any dining facility with Flex Dollars, EagleOne, cash or credit card.

How do I choose a meal plan? Eagle Dining offers a variety of meal plans tailored to fit the appetite of any residential or commuter student. You may choose from our Super (unlimited) Meal Plan, several block meal plans that provide a set number of meals each semester, or a "Go Green" Meal Plan.

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



# Where to eat on campus

#### Seacobeck Hall

**The 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 more. The "Wild Mushroom" station offers fresh, meatless options for students on vegan and vegetarian diets. On weekdays from 4-8 p.m., "Dine Up" provides students with upscale entrees.

**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.

#### Lee Hall



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



#### Simpson Library

**Jazzman's Cafe & Bakery,** located in Simpson Library, has coffee and tea, along with freshly baked specialty muffins, scones, and brownies.





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



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

#### The Market



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



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

#### For hours of each restaurant visit umwdining.com

# LIFE AT UMW IN THIS SECTION:

- Athletes
- Commuting Students
- Disability Resources
- Frequently Asked Questions (FAQ)
- 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 20-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 **umweagles.com/staff**. 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, winter, or spring sport (except Softball), you must register for a 400-level Physical Education Class in your sport(s) for the fall semester.

To meet athletic eligibility requirements, several mandatory forms must be completed and returned to your coach by **August 1, 2012**. Consult **umweagles.com** and select "Athletic Training Forms" from the listing on the left. **This information is required prior to participation in any tryout, practice, or game**. No exceptions! In addition, each coach will send you an information package, which may include a questionnaire for your 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, 2012**, a completed Health History, Tuberculosis Screening, and Immunization Form signed by a health care provider. For more information and to download the form, please see "New Students" at **students.umw.edu/healthcenter**, or call the Health Center at 540/654-1040.

**Local Address:** All commuter students are required to register their local address and provide a cell phone contact number yearly with the University. This is done through EagleNet.

**Meal Plans:** To enroll, sign into your EagleNet portal then select "University Life" under "My University Resources." Students can adjust plans starting in July and have until the end of the second week of classes to decrease a meal plan.

**More**: Commuting Student Association (CSA) plans social events and an off-campus housing fair. 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 and critical information from the University. It is your responsibility to check your assigned box and UMW email regularly.

**Parking Management:** Vehicle policies and designated parking lots can be found on the website at **umw.edu/parking**.



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

# **Disability Resources**

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

If you need accommodations in your residence hall, such as a wheelchair accessible room or visual fire alarm, complete the housing accommodations application at **academics.umw.edu/disability/accommodations/housing-accommodations**, under "Housing Accommodations," by **June 1, 2012**.

An orientation program to explain how services and accommodations work at UMW is offered to students with disabilities and their parents **August 21, 2012**. Contact the Disability Resources office for information.

# Getting Involved at UMW



#### Love a good concert? Enjoy a good movie?

#### **Excited about traditions?**

Student Activities and Engagement (SAE) is the place to go if you want to get involved on campus. SAE houses over 120 different clubs and organizations that help plan and run the weekly events that happen on UMW's campusfrom weekly Bingo in the Underground to major concerts in the Anderson Center. Class Council, GIANT Productions, Cheap Seats Cinema, Student Government Association, and Underground Programming Council are just a few of programming organizations that help UMW have a good time on the weekends. Enjoy Culture? Join one of the many cultural groups at UMW such as the African Student Union, the Jewish Student Association, and People for the Rights of Individuals of Sexual Minorities. Want to apply some of those things you learn in the classroom? Join one of our multiple academic based clubs. You can find all of this and more at students.umw.edu/ studentactivities.

# Love doing community service?

The Community Outreach and Resources office, better known as COAR, organizes service opportunities for students throughout the year. COAR is a branch of the Center for Leadership, Service, and Honor. COAR runs an average of 20 weekly on-going programs that include tutoring and mentoring children and teens, building with Habitat for Humanity, working with the elderly and animals and working on environmental projects like tree plantings and stream restorations. In addition, COAR sponsors a variety of on campus service programs for the community such as a campus

trick-or-treat in the Fall and an egg hunt in the Spring. Whether you want to volunteer on your own, with a friend, club, hall, or team, COAR is a great place to start!

#### Like getting a head start?

A special opportunity exists for the first time for a limited number of new students to sign-up for a one-week "Pre-Flight" trip a week before Orientation with 4 days at the Wintergreen Resort and 4 adventure tracks to choose from (with associated fee). See more details on page 37 and at **students. umw.edu/fredericksburg-orientation**.

**Where may I worship?** In addition to Fredericksburgarea 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 carey.sims@vbmb.org

Campus Christian Community 540/373-9255

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

Catholic Campus Ministry 540/373-6746

**Encounter Club** (associated with Spotswood Baptist Church **eswauger@gmail.com** 

**The Gathering** (inter-denominational Christian club) **kjones5@mail.umw.edu** 

**Grace Campus Ministries** (affiliated with Grace Church) **umw.gcm@gmail.com** 

Intervarsity Christian Fellowship cmyhrum@mail.umw.edu

Islamic Student Association isa@mail.umw.edu

Hillel (Jewish)
hillel@umw.edu

# Healthy U Campus Recreation

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

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

- Baseball
- Basketball (M&W)
- Boxing
- Cheerleading
- Canoe and kayakTennis
- Color guard
- Cycling
- Fencing
- Field Hockey
- Lacrosse (M&W)

- Polo
- Rugby (M&W)
- Ski/Snowboard
- Soccer (M&W)
- Softball
- Terrapins (synchronized swimming)
- Ultimate (M&W)
- Volleyball



Build up your body at the Fitness Center, Regular semester hours:

Monday-Friday 7 a.m. - 9:30 p.m.

Saturday l0 a.m. - 6 p.m.

Sunday noon - 8 p.m.

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





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

# Counseling and Psychological Services (CAPS)

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

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

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#### If you have recently been or are currently in therapy:

- Learn about the scope of our services CAPS offers short-term therapy with no session limit and unlimited group therapy, crisis intervention, and consultation services.
- Develop a coping plan with your clinician that addresses your transition to college.
- Talk with your clinician about warning signs and helpful steps to take if your symptoms recur.
- Learn about resources at UMW and in Fredericksburg and how to access them. (Remember, freshmen may not bring cars so please plan accordingly.)
- Talk with your doctor before making any medication changes and/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.



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, 2012, a completed Health History, Tuberculosis Screening, and Immunization Form signed by a health care provider. For more information and to download the form, please see "New Students" at students.umw.edu/healthcenter/, or call the Health Center at 540/654-1040. Completed forms should be mailed or faxed to:

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

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



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-thecounter 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 CIE (Lee Hall, 4th floor), students have access to numerous opportunities to study abroad. The Center 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 providers to campus to inform UMW students about their programs.

CIE provides a warm welcome to international students continually assisting them with immigration matters, banking and billing questions, cell phone plans, pre-and post-graduation employment options and much more.



# **Multicultural**Student Affairs

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





# **Honor System**

The student-run Honor System at UMW is a deeply **cherished tradition** founded upon the **personal integrity** of each individual member of the University community. It requires **honorable conduct** at all times and in all dealings with others, and is the basis for the sense of community that characterizes our campus. The system deals specifically with lying, cheating, and stealing in all their forms, and each student is required to verify acceptance of the Honor System by signing the Honor Pledge. Violations of the Honor Code can result in temporary or permanent notations on the student's transcript. The Honor Council office can be reached at 540/654-1144 and is located on the second floor of Mercer Hall.

# TIPS

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

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

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

Don't stay up all night just because you can!

# 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 meet that expectation. However, when potentially disruptive or harmful situations arise – for example, irresponsible use of alcohol, serious interpersonal conflicts, sexual misconduct, vandalism, or noise disturbances – they need to be addressed. Through education, 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.



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# ORIENTATION IN THIS SECTION:

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



# 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 Bushnell, Custis, Marshall, Mason, Randolph, Russell, or Virginia halls; or Eagle Landing or the UMW Apartments.
- Fredericksburg can be very warm and humid in August. Dress appropriately and have cool water with you.





### **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 movein 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 Engagement 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 a parking decal using the EagleNet Portal. Instructions will be posted on the Parking Management 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.

**Bicycles:** Bicycle registration with the University Police is highly recommended, and there is no charge. The police will, can loan students an engraver to mark their bikes. 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 27, 2012**, 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 complete information, you may refer to the Parking Management website at **adminfinance.umw.edu/parking**.

#### 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 noteand test-taking



## **Pre-Flight**

As a new member of Eagle Nation, you can choose a pre-Orientation experience that spans **August 15-21** and includes 4 days at the Wintergreen Resort. Choose from one of 4 "tracks": Great Adventures (outdoor recreation), Adventure Leadership, Soaring Through Service, or The Justice Squad (social justice). **Space is limited and there is an associated cost**. Registered students get to move in early to their assigned residence hall! Learn more at students.umw.edu/fredericksburg-orientation/or call 540-654-1665.

### **Orientation Schedule**

**New Student Orientation, August 22-26**, 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 **students.umw.edu/fredericksburg-orientation**.

Orientation starts on move-in day, **August 22**. Vendors will sell lofts; UMW offices will be open for families to discuss students' accounts, financial aid, and transfer credit questions. After an afternoon welcome session on move-in day, students will meet with their Orientation Leaders while their family members hear about UMW resources. Once families depart, students can look forward to:

- Group and individual meetings with faculty advisors
- Presentations on undergraduate research, academic expectations and success strategies, study abroad, internships, career services, and much more!
- Orientation to UMW computing and networking and Simpson Library
- Honor Convocation with the faculty to formalize your commitment to the UMW Honor Code
- Movies, comedy nights, dances, river tubing, and more!

When the schedule is complete, it will be posted in the EagleNet Portal.



# PARENTS and FAMILIES



## PARENTS and FAMILIES



Welcome! Whether or not this is your first experience sending a son or daughter off to college, you are bound to have questions. This book is intended to be a resource to assist you over the next several months finding answers to those questions.

The UMW Office of Alumni Relations has partnered with On-Campus Marketing and the Campus Post Office to provide special-occasion cookie cakes, brownies, baked goods, and care packages for final exams. Proceeds from the program support a UMW Fredericksburg Network Scholarship, and is the only program endorsed by the University to provide cakes or exam "survival kits." The unique delivery system allows you to include handwritten notes and ensures on-time notification and delivery.

**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**.

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

**FERPA (Family Educational Records and** 

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

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

Additional academic resources for parents can be found

at umw.edu/cas/acservices/parents.

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

\*Notification also occurs when a student has violated UMW's Drug Policy.

Opportunities to Stay In Touch: The Office of Academic Services helps you stay connected with UMW. Learn more by visiting umw.edu/parents and academics.umw.edu/academicservices/for-parents-and-families/. Ask your student to complete the Parent and Family Information Form available on the EagleNet Portal to ensure that you receive communications, including information about Family Weekend and other special events, as well as UMW Magazine.

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

**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. **adminfinance.umw.edu/parking** 

**Safety and Security:** The campus is protected by its own police officers, who are on duty 24 hours a day all year, including holiday and break periods. Our police department is a full service law enforcement agency with a range of programs including the Adopt-A-Hall program which brings programs on topics such as crime prevention tips and personal security seminars. We also offer free licensed RAD (Rape Aggression Defense) courses. Additionally, the PD operates an on-campus safety escort in the evenings and students may request a ride from outlying parking areas or an escort to their residence hall.

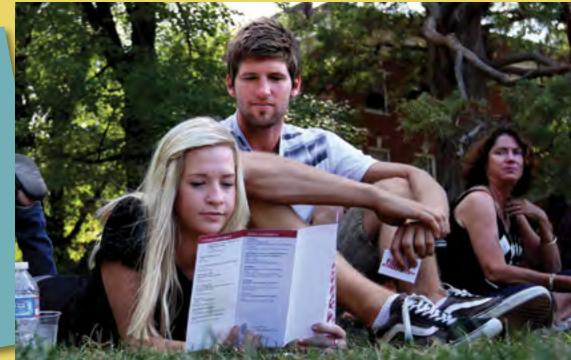
UMW has a comprehensive fire safety program with fire detection and alarm systems in all buildings. Smoke detectors are in the hallways, stairwells, and rooms of residence halls. Each hall has three fire drills each semester to ensure that everyone knows how to be safe during a fire emergency. Fire safety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

**Student Employment:** Approximately 25 percent of UMW students work on campus, 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 academics.umw.edu/academicservices/study-skills/study-skills-signup/ and academics. umw.edu/academicservices/tutoring-services.



Limited housing options are available during Thanksgiving, winter, and spring breaks for international and out-of-state students, but only for those who apply 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.



## UMW GLOSSARY: EagleSpeak - words you'll need to know

TECHNOLOGY UMW GROUP OR ORGANIZATION UMW CAMPUS FREDERICKSBURG AREA

BANNER – an online administrative system accessed via the EagleNet Portal that provides personal information and transactions such as:

- registration for classes during appointed times
- modification and view of current classes and registration holds
- unofficial transcript with final grades for completed classes, term GPA, and cumulative GPA
- view of transferred credits from other institutions
- retrieval of mailbox number and combination
- view of meal plan selection

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

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

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

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

**The BULLET** – student-run weekly newspaper

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

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

**CENTRAL PARK** – 310-acre shopping area located west of campus on Route 3 with more than 100 stores (Target, Wegmans, Walmart, Old Navy, etc.) and 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 activities on and off campus and service-learning programs

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

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

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

**EAGLE** - UMW mascot

EAGLE VILLAGE - a residential and retail mixed-use village for townspeople, students, and faculty to shop, live, work, and enjoy entertainment facilities. **EAGLE LANDING** is the residence hall at Eagle Village.

EagleNet PORTAL - important source for UMW information; located at EagleNet.umw.edu

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

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

**eSUDS** – online laundry monitoring system used in most residence halls

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

**FOUNTAIN** – social center of campus, located in Palmieri Plaza

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

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

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

**HONOR COUNCIL** – 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)

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

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 Mary Washington

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

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

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

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

**SPIRIT ROCK** – 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 food service, computers, televisions, pool tables, air hockey, ping pong, and more

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

WMWC - student-run radio station on Channel 26



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



## **Directions** to Campus Once in **Fredericksburg**



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

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

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

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

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



#### To Alvey or Arrington halls

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



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

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

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

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

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

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



#### To Eagle Landing

**From US Route 1:** Turn into the Eagle Village Shopping Center. Follow the road straight until you come to a stop sign. Take a right and pull into the parking deck for check-in at Eagle Landing.

## **UMW** Fredericksburg Campus



Pollard Hall

Russell Hall

South Hall

Tennis Center

Trinkle Hall

Tyler House

Virginia Hall

Willard Hall

Eagle's Nest

Great Hall Post Office

**University Apartments** 

Westmoreland Hall

**Woodard Campus Center** 

Randolph Hall

Seacobeck Hall

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Alphabetical K	ey				
1004 College Avenue	48	Bushnell Hall	9	Jefferson Ha <b>ll</b>	6
1201 William Street	49	Chandler Hall	26	Jepson Alumni Executive	
Alvey Hall	39	Combs Hall	10	Center	2
Alvey House	44	Cornell House	23	Alumni Relations	40
Anderson Center	45	Custis Hall	22	Jepson Science Center	40
Annex A	47	duPont Hall	35	Lee Hall Admissions	24
Annex B	46	Klein Theatre duPont Gallery		Bookstore	
Arrington Hall	38	Studio 115		Financial Aid The Underground	
Art Gallery	32	Eagle Landing	55	Library, Simpson	33
Ridderhof Martin		Fairfax House	19	Madison Hall	20
Ball Hall	21	Human Resources	41	Marshall Hall	3
Battleground		Fitness Center Framar House	41 5	Marye House	15
Athletic Complex	52		•	Mason Hall	13
Bell Tower	50	George Washington Hall  Dodd Auditorium	12	Melchers Hall	34
Carmen Culpeper Chappell Centennial Campanile		Goolrick Hall	42		٠.
Brent House	8	Gymnasium	72	Mercer Hall	31
Public Safety	Ū	Swimming pool		Monroe Hall	27
Brompton	51	Hamlet House	17	Parking Deck	43
UMW President's residence - pri	ivate	Heating Plant	37	Physical Plant	54

#### Numerical Key

36

11

7

29

53

16

18

1

25

14

28

l	University Apartments	
2	Jepson Alumni Executive	
	Center	
	Alumni Relations	
3	Marshall Hall	
1	South Hall	
5	Framar House	
5	Jefferson Ha <b>ll</b>	
7	Russell Hall	
3	Brent House	
	Public Safety	
)	Bushnell Hall	
10	Combs Hall	
11	Randolph Hall	
12	George Washington Hall Dodd Auditorium	
13	Mason Hall	
14	Westmoreland Hall	
15	Marye House	

Trinkle Hall

17	Hamlet H
18	Tyler Hou
19	Fairfax H
	Human R
20	Madison
21	Ball Hall
22	Custis Ha
23	Cornell H
24	Lee Hall
	Admissio
	Bookstore
	Financial
	Financial The Unde
25	Financial
	Financial The Unde
	Financial The Unde <b>Virginia F</b>
26 27	Financial The Unde Virginia H Chandler
26 27	Financial The Unde Virginia H Chandler Monroe H

Woodard

Great Hal





