# EAGLE ESSENTIALS







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# WELCOME TO UMW

### IN THIS SECTION:

- Calendar Red-Letter Dates
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- EagleOne Card
- 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 January 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 **Nov. 4, 2014**, you are connected to a whole new world. You can go online to retrieve your UMW NetID and password.

For continuing updates, go to **EagleNet.umw.edu**.

There you will be able to access your UMW email, find academic advising information, and learn even more about UMW.



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 **Jan. 3, 2015**, a completed Health History, Tuberculosis Screening, and Immunization Record Form signed by a health care provider. For more information and to download the form, please see "New Students" at **students.umw.edu/healthcenter**, or call the Health Center at 540/654-1040.

#### CHECKLIST:

NetID available online	Nov. 4, 2014
Housing & Dining Services Agreement ( <b>umw-residence.symplicity.com</b> )	Nov. 4
Application for housing accommodation to Disability Resources	Nov. 21
Student Scholarship Application form	Dec. 15
Health History, Tuberculosis Screening, Immunization Record forms	Jan. 3, 2015
NCAA Intercollegiate Athletic form	Jan. 6
Check email for housing assignment by 5pm	Jan. 7
Move-in day (residential students)	Jan. 8 (2-4 p.m.)
Check-in day (commuters) and orientation (all students)	Jan. 9
Final grades or transcripts	Jan. 9
Orientation (all new students)	Jan. 9-10
Parent and Family Information form	Jan. 14

#### ACADEMIC CALENDAR

New student registration begins	Nov. 10
Offices closed	Dec. 22, 2014-Jan. 2, 2015
Residence halls open (new students)	Jan. 8 (2 p.m.)
Residence halls open (returning students)	Jan. 11
Classes begin	Jan. 12
Last day to add courses	Jan. 16
Course-drop deadline (without a "W" grade)	Jan. 30
*Spring break	Feb. 27 (5 p.m.)-March 8
Individual course withdrawal deadline	March 13
Advance registration	March 23-April 3
Multicultural Fair	April 11
Classes end/last day to withdraw from UMW	April 24
Reading days	April 25-26
Final exams	April 27-May 1
Commencement	May 9
Residence halls closed	May 2, 10 a.m. (except for graduates)
	May 10, 10 a.m. (for graduates)

**SPRING 2015** 

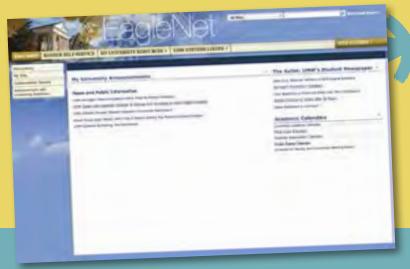
<sup>\*</sup>Residence halls close for spring break (except Eagle Landing)

# **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 and Career Services	654-1010 or 1022	academics.umw.edu/academicandcareerservices
Admissions	654-2000	admissions.umw.edu
Athletics	654-1039	umweagles.com
Bookstore	654-1017	umw.edu/bookstore
Business Services	654-1576	adminfinance.umw.edu/business-services
Campus Recreation	654-1732	students.umw.edu/recreation
Cashier's Office	654-1251 or 1247	adminfinance.umw.edu/cashier
Center for Honor, Leadership & Service	654-2272	students.umw.edu/chls
Center for International Education	654-1434 or 1870	international.umw.edu
Community Service	654-1122	coar.umwblogs.org
Copy Center	654-1935	adminfinance.umw.edu/copies
Counseling Services	654-1053	students.umw.edu/caps
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
Parking Management	654-1129	adminfinance.umw.edu/parking
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/ Commuter Student Services	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/academicandcareerservices
Tutoring	654-1010	academics.umw.edu/academicandcareerservices
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 image below illustrates where to find specific information in the EagleNet Portal. Just click on "My University Resources" to access these student portal pages.



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

# **Org**Sync

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

- 1. Visit orgsync.com/register.
- 2. Select the University of
  Mary Washington and use your
  EagleNetID and password to
  log in! More information on
  OrgSync may be found on the
  website of the Office of Student
  Activities & Engagement.





# EagleOne Card

Your official UMW identification card is called the EagleOne card. Stop by the EagleOne Card Center in Lee Hall to have your photo taken and receive your card. Visit adminfinance.umw.edu/ eagleone for more details. Please note, you must bring a valid, government issued photo ID in order to receive your EagleOne card.

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

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

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



#### If you lose your card...

All lost cards should be deactivated immediately in person at the EagleOne Card Center during normal business hours or online 24/7. In addition, if you live on campus, the police must be notified to disable access.



# **Technology**

Many technologies are available to students, including wireless Internet access, computer labs equipped with specialized software, and online Web resources and creative spaces. Opened in fall 2014, the state-of-the-art Information and Technology Convergence Center (ITCC) provides multimedia production equipment for checkout, as well as access to professional audio and video production workstations, a high-end video production studio with green screen capabilities, and electronic team collaboration systems for group work.

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

The Web houses lots of resources you will use as a student, including EagleNet for administrative functions, UMW Blogs for Web publishing, and the "Domain of One's Own" initiative, where you can claim your own Web domain and hosting space. Canvas, our online learning system, is used by many UMW faculty as an integral part of their courses. See **technology.umw.edu/new** for details on these systems and how to get access.

Students living in residence halls have Internet and television services included as part of their room and board fees. ResNet, provided by Apogee, delivers wired and wireless Internet service for your computers, printer, gaming systems, and mobile devices. Premium services are available at an additional cost. Check out **technology.umw.edu/new** for details and specs for the services available.

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



# When do I get a UMW Network Account?

You will be issued a network identifier - NetID – and a temporary password that enables you to use the UMW Network, email, and other online services as of **Nov. 4, 2014**. Check out the step-by-step instructions at **technology.umw.edu/new** to get started.

#### I need wireless!

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

#### Protect your tech.

We strongly recommend that all students install and regularly update antivirus, spyware, and malware protection on their computers. It's important to stay current on security updates for your operating system. More info on this can be found at **technology.umw.edu/new**.

# Protect your account and identity.

UMW will NEVER ask you to provide Social Security numbers or other private information via email. You might get a phishing email that asks for this info, but even if it looks as if it's from UMW, it is not. If you question the legitimacy of an email or information requested, contact the Help Desk.

# NEW STUDENT ORIENTATION

#### IN THIS SECTION:

- Orientation Information and FAQs
- Avoid the Move-In Day Blues
- Essential Information



## **Orientation Information and FAQs**

**Welcome New Eagles!** We want to welcome you to the UMW community and make sure you have all of the tools you need to be successful at UMW. All new students for January will attend a two-day program designed to introduce you to academic and student life at UMW, acquaint you with campus resources, and get you connected with other UMW students.

Here are a few FAQs to help you get ready for your January Orientation:

#### What are the dates of the January Orientation program?

The dates are **Jan. 9-10, 2015**.

#### I am a residential student. Can I move in before Jan. 9?

Yes. Residential Students may move in Thursday, **Jan. 8, 2015** from 2-4 p.m. Check in at the front desk of Eagle Landing. For move-in day instructions, see **students.umw.edu/residencelife/springnew** 

#### **Can I register for classes before I attend January Orientation?**

Yes. You may register for classes before Orientation by contacting Academic and Career Services at 540/654-1010, or you may do so in person. Course registration opens **Nov. 10, 2014**!

#### Do I have to attend January Orientation?

Yes. Orientation is essential in providing to you all the resources you need to make your time at UMW as successful and fulfilling as possible.

#### Is there a cost associated with Orientation?

Yes. The Orientation fee covers the program itself as well as meals associated with it.

#### Can I bring a parent or guests to Orientation?

Parents and guests are welcome to attend Day 1 of Orientation with you. There is an additional cost for parents and guests to cover program expenses.

#### I need to request a disability-related accommodation. What should I do?

If you wish to request disability-related accommodations, please contact the Student Activities and Engagement Office at 540/654-1061 by **Dec. 15, 2014**.

# How do I get more information about Orientation at UMW, including registration for the program and schedule specifics?

Just go to the website at orientation.umw.edu

For updates or changes to the orientation schedule as a result of inclement weather conditions, please call the University Information Hotline (540/654-2424) or go to **umw.edu/advisories**.





# New Student Move-In & Welcome

The official move-in day for new residential students is **Thursday, Jan. 8, 2 - 4 p.m.** UMW offices will be open for families to discuss students' accounts, financial aid, and transfer credit questions.

# Avoid the Move-In Day Blues

- Please see page 44 for directions to campus once in Fredericksburg.
- 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.
- Fredericksburg can be very cold in January.
   Dress appropriately!

# **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 (3rd floor), will serve as "triage" during Orientation to identify where to go for assistance with concerns. If you need help after 5 p.m. or on weekends, check with your Orientation Leader or Residence Life staff in your assigned residential space.

**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 other judicial sanctions.

**Automobiles:** Upperclassmen are permitted to bring cars, which they must register for parking decals using the EagleNet Portal. Instructions will be posted on the Parking Management website prior to the registration period. The decal fee (see EagleNet for cost) will be added to the student's account upon registering a vehicle. A residential student 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 University Police is highly recommended. There is no charge. The police will lend 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 or steps; in building hallways, stairwells, or doorways; or on stairs.

**Parking:** Parking regulations will be enforced beginning Monday, **Jan. 12, 2015**, 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. Each student driver is responsible for familiarity with the parking regulations. For complete information, 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
- A sense of humor
- Official, final transcripts of transfer or dual enrollment credits and AP, IB, CLEP, and/or Cambridge results
- Photo ID
- Paper, pens, and pencils for note and test-taking



# **ACADEMICS FIRST**

#### IN THIS SECTION:

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



# Academic Planning

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

You can register for classes beginning on November 10! After paying your deposit, call Academic and Career Services at (540) 654-1010 to schedule an appointment with a Student Success Coordinator. Appointments can be in-person or by phone. During the appointment, you will prepare to register for your first semester at UMW and understand UMW degree requirements and academic expectations.

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

Check the Student and Financial Aid section in the EagleNet Portal to review your student record for any AP, IB, Cambridge, CLEP, dual enrollment, or college transfer credits that have been received and processed by the Office of the Registrar. If exam scores are missing, bring copies of the test results with you to orientation. They will help during your advising meeting. At your June orientation session, you will complete the registration process. Student success coordinators and faculty will be on hand to assist you.



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

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

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



# First-Year Seminar

First-year seminar courses introduce students to the pursuit of intellectual inquiry. Seminars are designed to let you 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.) 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



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

# **ACADEMICS:**

### Questions & Answers



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

When will I register for spring classes?
Online course registration opens for incoming students
Nov 10. Contact Academic and Career Services at (540)
654-1264 to schedule an advising appointment.

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. If you need additional help, contact the Office of Academic and Career Services in Lee Hall.

I need help with my class. What can I do?

First, talk with your professor during his or her or

First, talk with your professor during his or her office hours, or make an appointment. Professors are there to help and will listen. You can also request tutoring, academic workshops, or advising through the Office of Academic and Career Services. Tutoring and study skill sessions are free, and dates are posted on the Academic and Career Services website.

If I want to change my schedule, how do I do this? You make schedule adjustments online through the EagleNet portal. The schedule adjustment period for dropping or adding courses is Nov. 10 to Jan. 16. After that, you can no longer add courses but can still drop courses through 5 p.m. on **Jan. 30, 2015**.

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. 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, discuss schedule adjustments with your advisor at your individual meeting during orientation.

Can I declare my major? What if I declare, then change my mind later? Students may declare a major after completing at least 28 credits. There is no limit to the number of times students may change their major, and the process is the same with each change. Students also have the option of declaring a minor.

Where can I get help 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, and major or minor requirements must be taken for a letter grade. The exceptions are some experiential learning classes. You may take as many as eight pass/fail classes, but no more than one in any semester. However, until you declare a major, we typically advise against pass/fail classes unless you are fairly confident the class is not a requirement for your potential major or minor program.

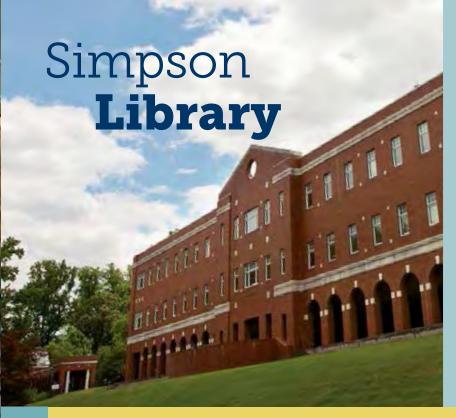


# General Education Requirements

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

#### Summary of General Education Requirements

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



Conveniently located on Campus Walk, Simpson Library gives access to a full range of innovative and cost-effective services that satisfy the changing needs of UMW students and faculty – whether for information, education, or recreation. Your library has more than 450,000 volumes and 67,000 periodicals, links to thousands of electronic publications, and a wide array of databases that furnish online access to books, magazines, journals, and newspapers.

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

# Office of Academic and Career Services: World Ready

OACS assists new students from summer orientation through graduation and beyond. In addition to academic advising, skills workshops, and tutoring, the office provides career services. One of the office's primary obligations is to coordinate the academic activity related to student internships. This means finding an internship, setting up a contract to earn academic credit for the experience, acting as a liaison between the agency and UMW, and registering you for internship credits. OACS can also help you achieve your goals by providing:

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

# Tutoring and Academic Success Seminars

**Peer tutors** are provided by appointment for almost every lower-level course, and walk-in tutoring is available for mathematics, biology, chemistry, and physics courses. A variety of faculty-recommended websites with lessons, guizzes, and tips can be found at **academics.umw.edu/academicandcareerservices/tutoring**.

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

# **BUSINESS MATTERS**

#### IN THIS SECTION:

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

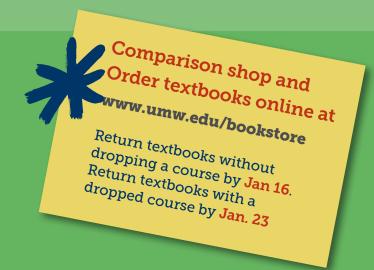


# **Banking**

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

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

BB&T	400 George St.	899-5500
Bank of America	1481 Carl D. Silver Parkway	548-2827
First Citizens Bank	3205 Plank Road	786-2709
NSWC Federal Credit Union	2004 Augustine Ave.	373-5127
Virginia Partners Bank	410 William St.	899-0005
Peoples Community Bank	175 Kings Highway	371-6889
PNC Bank	900 Princess Anne St.	899-6240
Stellar One	1016 Charles St.	373-9700
SunTrust Bank	3557 Plank Road	899-5631
Union First Market Bank	2811 Fall Hill Ave.	372-7760
Wells Fargo	501 1/2 Jefferson Davis Highway	899-9203



# **Bookstore**

The University Bookstore is owned and operated by UMW and offers an extensive inventory of everything an Eagle may need for the coming year. The bookstore has used and new textbooks, e-books, and course packs. The bookstore team ensures that the correct materials are available on time for classes, and are competitively priced. Check the store's website for competitive pricing information: www.umw.edu/bookstore. For additional savings, students can participate in the textbook buyback at the end of each semester.

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

The store sells computer supplies. For discounted Apple computers, designed to meet UMW specifications, order through the bookstore website, umw.edu/bookstore.

Like us on Facebook, and watch for special events and sales! Best of all, visit in person and charge your phone while you're here (Lee Hall, 3rd floor). We look forward to seeing you and supporting your academic journey.



# **Copy** Center

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

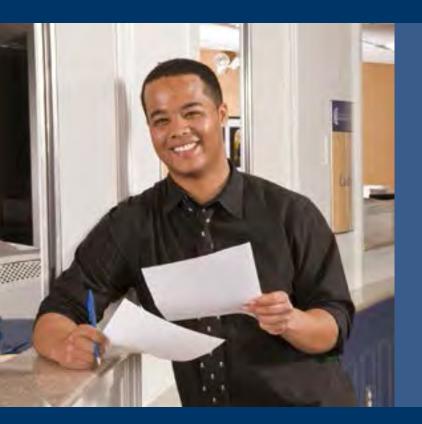
### Put the Copy Center to work! Regular hours are:

### Fall & Spring Semesters:

Mon. – Thurs. 8 a.m. – 7 p.m. 8 a.m. - 5 p.m. Friday

Summer Semester:

Mon. – Fri. 8 a.m. – 5 p.m.



# Financial Aid

The Office of Financial Aid administers grants, scholarships, and loans to students with financial need as demonstrated by filing the FAFSA. Visit umw.edu/financialaid for more information.

- Eligible students received award letters and can view award offers on the EagleNet portal.
- Other documents required for verification are accessible through EagleNet, and are due to Financial Aid by June 1.
- Students interested in receiving need-based scholarships must also submit the General Scholarship Application by May 15.

# **Post** Office

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

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

### Access your mailbox:

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

### Window services:

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

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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 **Jan. 8, 2015**, will be refused due to limited space. Bikes are to be delivered with your name to: UMW Physical Plant, Attention: Central Storeroom, Hanover Street, Fredericksburg, Virginia, 22401. It is your responsibility to arrange pickups from the storeroom by calling 540/654-1149.

**Note:** 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.



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

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

# Eagle Landing residents will use the following format:

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

# **Student** Accounts

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

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. Fall semester bills will typically be available during the second or third weeks of July, and the spring semester bills will be available during the second or third 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 beginning of August for the fall semester and beginning of December for the spring.)

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

We encourage everyone to make payments online through EaglePAY, to avoid mailing delays that might cause a hold or a late fee on the account. If payments are mailed, they should be mailed directly to the UMW Cashier's Office with the student ID attached. You also may make cash/check 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.

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# CAMPUS HOUSING AND DINING

#### IN THIS SECTION:

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



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

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

New students pay a one-time \$250 housing deposit as part of the admissions \$500 enrollment deposit, guaranteeing campus housing. Residence Life will email housing application information after new students have paid the housing deposit and received their NetID and password. The Housing and Dining Services Agreement application can then be completed online at **umw-residence.symplicity.com**. This is a binding agreement between the student and UMW for spring semester and next academic year for freshmen, or spring semester only for transfer students.



# Housing Questions & Answers



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. Most new spring students will be assigned to Eagle Landing, the University's newest housing (apartment-style with full kitchens).

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 hall rooms differ from single to double occupancy (few triples or quads). Roommates are randomly assigned. Eagle Landing will be the home for almost every new student moving into campus housing in January 2015! Each Eagle Landing apartment houses four students in two double-occupancy rooms.

#### What are bathroom facilities like?

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

#### What are community standards?

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

May I install a window air conditioning unit in my room if my building does not have AC?

No. Window AC units are prohibited in the residence halls unless you have submitted documentation of a

medical need for AC and have been approved. The form can be found on the Residence Life forms page at

students.umw.edu/residencelife/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.

I usually just use my cellphone. May I bring it to UMW? Absolutely! Most students on campus have cellphones and many elect to use them for long distance service. Residence hall rooms are not equipped with phones, but there are phones on every hall for emergency purposes. Students also can elect to contract for a room phone with Apogee, our digital services partner, for an additional fee. Cellphone reception in the area and in campus buildings varies for some

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

service providers.

Personally owned refrigerators that are 2 amps or 4.5 cubic feet or less are permitted, providing they are UL approved. Only one refrigerator is permitted in a double or triple room, and two are permitted in a quad. In Eagle Landing and UMW Apartments, a refrigerator is provided and others are prohibited.



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

#### Do all residence halls have elevators?

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

When is move-in? Move-in for new students is Thursday, **Jan. 8, 2015**, 2-4 p.m. All residential students should report to Eagle Landing front desk to check in (pick up their room key) before heading to their room to move in. Early arrivals (including earlier in the day) will not be permitted. Please plan accordingly. If you need to arrive in the Fredericksburg area early, you should make arrangements at a local hotel.

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

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

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

- Ride FRED buses for free with your student ID throughout the city. On weekends, "FRED Express" stops just inside the main gates of UMW and on College Avenue in front of Seacobeck Hall.
- Walk downtown and to Eagle Village Shopping Center.
- Ride your bike.
- Use the Greyhound bus and rail stations that are minutes from campus. Apply for Student Advantage discount cards through Amtrak. Ride the Virginia Railway Express (**vre.org**) to Northern Virginia and Washington, D.C.
- Airports within a 75-mile radius include Richmond, Reagan, Dulles, and BWI.

What are complex councils, and how can I get involved? Complex councils are governing boards in each residential complex. They plan and implement programs, provide a forum for discussion, and encourage community involvement. Elections occur the first month of fall semester. If you would like more information via email about complex councils and how to get involved, mark the checkbox on the Housing and Dining Services Agreement.

# DINING

# Questions & Answers



Where can I use my meal plan meals? At

Seacobeck Hall you can get an all-you-can-eat buffet for one "meal." At retail units, (Vocelli Pizza, WOW Cafe & Wingery, Joe Stacks, Simply To Go, Naturally Woodstock, and Blackstone Coffee) you may purchase "Meal Deals" with a combination of meals and Flex Dollars. Meal Deals are not available at Wholly Habaneros or the EagleExpress Food Cart. All campus dining facilities accept Flex, EagleOne, cash and credit.

How may I change my meal plan? Information on purchasing or changing a meal plan can be found at **students.umw.edu/residencelife/mealplan**. 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 UMW Dining at **umwdining.com**, follow us on Twitter (@umwdining) or "like" UMW Dining on Facebook (UMWdining). Vegetarian, vegan, and gluten-free menu offerings are available during each meal period. If you are on a restricted diet, contact the general manager at 540/654-2230.

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

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

May I bring a guest for dinner? Yes! Every block meal plan allows you to use five of your meals for guests! If you've used all your guest meals, you may purchase meals at any dining facility with Flex Dollars, EagleOne, cash, or credit card.

**How do I choose a meal plan?** UMW Dining offers a variety of meal plans tailored to fit the appetite of any residential or commuter student. Visit the UMW Dining web site at **umwdining.com** to get details about all of the plans currently available.

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. Monday through Thursday students can add gourmet entrees to their meals for just a few dollars more through our "Dine-Up" program.

**The Smart 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, fresh sushi, or You'll also find a food station dedicated to gluten-free dishes.

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

#### Lee Hall



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



#### Information & Technology Convergence Center

**Blackstone Coffee** serves up the best coffee in the 'burg. Stop in for a between class pick-me-up!



#### Eagle's Nest

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

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



#### The Market

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



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

#### Campus Walk

**Wholly Habaneros and Eagle Express** On Campus Walk you'll find breakfast pastries and coffee at the EagleExpress Cart weekday mornings. At lunch, Wholly Habaneros offers tacos and other Mexican fare.

# LIFE AT UMW IN THIS SECTION:

- Athletics
- Commuting Students
- Disability Resources
- Getting Involved at UMW
- Center for Honor, Leadership, and Service
- The Arts
- Honor System
- Judicial Affairs and Community Responsibility
- Healthy U

Campus Recreation
Talley Center for Counseling Services
Health Center

- Center for International Education
- Multicultural Student Affairs
- Convergence Center
- Sustainability



# **Athletics**

UMW is a member of the NCAA Division III and is renowned as one of the strongest broad-based programs in the nation. UMW sponsors 21 varsity sports, and all 21 programs have competed in national championship events. Five Eagle teams have brought home national titles over the years. As a charter member of the Capital Athletic Conference (CAC), the Eagles have won the CAC All-Sports Award 12 times. UMW also has produced hundreds of All-America selections, and countless all-region and all-conference picks.

As a DIII institution, we do not offer athletic scholarships, nor do we utilize the national letter of intent program. However, all of our sports are very competitive, and spots on the rosters are not taken for granted. Have a thorough and complete conversation with your head coach about where he or she sees you on the team. There may be an expectation of some level of tryout. All roster spots are evaluated annually, based on criteria such as academic and athletic performance, team commitment, and social responsibility. If you have any questions about where you stand or what the expectations will be, please direct them to your head coach. All potential student-athletes must meet NCAA eligibility, complete mandatory athletic training forms, NCAA forms, and register for the PHYD 400-level course corresponding to their sport. Please contact the head coach directly if you have not received instructions to complete paperwork. All forms are digital and must be completed by Jan. 2, 2015.









# **Commuting Students**

**Between Classes:** Places to study and relax include the Eagle's Nest in the Woodard Campus Center, and other lounge spaces in Lee (The Underground), Seacobeck, Simpson Library, Trinkle study labs, Combs, and the LINK between Mason and Randolph Halls (a 24-hour study space).

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

Counseling Services (Talley Center): 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 **Jan. 3, 2015**, a completed health history, tuberculosis screening, and immunization form signed by a health care provider. For more information and to download the form, please see "New Students" at **students.umw.edu/healthcenter**, or call the Health Center at 540/654-1040.

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

**Meal Plans:** To enroll, visit **students.umw.edu/residencelife/mealplan**. Students 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:** All eligible students must register their vehicles before parking on campus. Policies and designated parking lots can be found at **adminfinance.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 accommodations due to a disability. To request accommodations, please submit documentation of your disability with our registration form to the Office of Disability Resources for review. Once our review is complete, you will be contacted via your UMW email for next steps. For the disability registration form and information on how to register, please see **academics.umw.edu/disability/how-to-register**. To learn more about documentation requirements, assistive technologies, services available, and frequently asked questions, please see **academics.umw.edu/disability**.

If you need accommodations in your residence hall, such as a wheelchair-accessible room or visual fire alarm, complete the housing accommodations application at **academics.umw.edu/disability/accommodations/housing-accommodations**, by **Nov. 21, 2014**.

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

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

#### Where can I worship?

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

# Baptist Collegiate Ministry (Interdenominational)

Contact: connect@umwcenter.org; umwcenter.org

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

**Canterbury Club** (associated with Trinity Episcopal Church)

Contact: info@umwcanterbury.com

#### Catholic Campus Ministry

Contact: 540/373-6746; umwccm.org

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

Contact: eswauger@gmail.com; encounter647.org

**The Gathering** (interdenominational Christian club)

**Contact Student Activities for more information.** 

### **Grace Campus Ministries** (affiliated with Grace Church)

Contact: umw.gcm@gmail.com; gcofonline.org

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

Contact: Ivmoub@gmait.com

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

Hillel (Jewish)

Contact: hillel@umw.edu

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

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

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

# The Arts





The arts are a vibrant aspect of life at UMW, providing opportunities for students to experience theater, dance, music, and the visual arts as artists and audience members. UMW students benefit from unsurpassed teaching in small classes guided by an extraordinary faculty and world-renowned guest artists, as well as the abundant arts resources in Richmond and Washington, D.C. Whether you take a studio art class, join the orchestra, audition for a play or musical, dance with one of the many student dance organizations, or sing in a choir, you can be a part of the rich legacy of arts at UMW.

For more information on how you can be a part of the arts, contact Professor Gregg Stull at gstull@umw.edu for information on theater, dance, and music activities. Email Professor Carole Garmon at cgarmon@umw.edu to learn more about participating in studio art and art history events.

# **Honor System**

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



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) helps students to have the best possible living and learning experience at UMW. This is a community in which students accept responsibility for their actions. However, when potentially disruptive or harmful situations arise – for example, irresponsible use of alcohol, possession or use of illegal drugs, serious interpersonal conflicts (including hazing or bullying), sexual misconduct, vandalism, or noise disturbances – they need to be addressed. Through education, through bystander intervention, and through a student-centered hearing process, students learn that their behavior has an impact on others. Students whose experiences at UMW have been compromised by the behavior of others should view OJACR as a resource and as an advocate for their rights. OJACR can be reached at 540/654-1660 and is located in Marye House.



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# Healthy U Campus Recreation

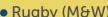
Students enjoy a comprehensive recreation program with something for everyone. Intramural sports events range from team leagues in basketball and flag football to retro events like dodgeball and kickball. The Fitness Center houses state-of-the-art cardiovascular, free weight and circuit equipment. Group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

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

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

- Rowing (M&W)
- Rugby (M&W)
- Ski/Snowboard
- Soccer (M&W)
- Softball

- Terrapins (synchronized
- Volleyball (Coed/W)



Swimming

Tennis

swimming)

Ultimate (M&W)



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 umw.edu/recreation for updates and forms to register for intramural sports.

# **Talley Center for** Counseling Services

Good health involves more than your body. Managing stress, attending to your emotions, developing as an individual, and building resilience all contribute to psychological well-being, an important part of staying healthy. The counseling center 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 counseling center on the first floor of Lee Hall during regular business hours. The counseling center is staffed by licensed professionals who are experienced in working with a wide array of issues that confront college students, from homesickness to social concerns to depression and anxiety. Services are free and confidential.

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

- Learn about the scope of our services the counseling center offers short-term therapy and unlimited group therapy, crisis intervention, and consultation services.
- Develop a coping plan with your clinician that addresses your transition to college.
- Talk with your clinician about warning signs and helpful steps to take if your symptoms recur.
- Learn about resources at UMW and in Fredericksburg and how to access them. (Remember, freshmen may not bring cars, so please plan accordingly.)
- Talk with your doctor before making any medication changes and about medication refills. Don't find yourself calling for a refill the day your prescription runs out!
- If you anticipate needing longer-term therapy or psychiatric services, the counseling center staff can assist you in locating mental health resources in the community, including providers' insurance information and their approaches to therapy. Be sure you have your health insurance information card; many insurance plans require that you use the services from their preapproved lists of providers for the charges to be covered.



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 **Jan. 3, 2015**, a completed health history, tuberculosis screening, and immunization form signed by a health care provider. For more information and to download the form, please see "New Students" at **students.umw.edu/healthcenter**, 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

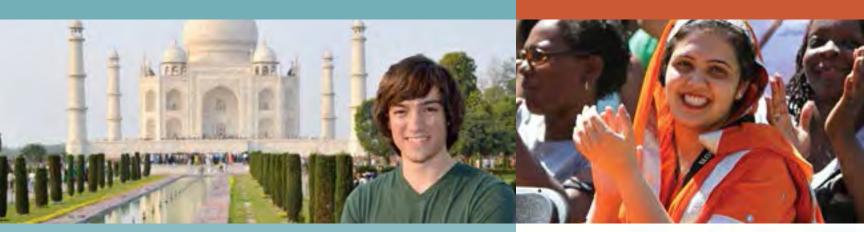
- an allergy immunotherapy program
- a weekly women's clinic for gynecologic care, contraceptive counseling, and prescriptions
- lab work (both on site and by referral to local medical labs)
- referrals for x-rays and diagnostic imaging procedures
- prescription medications.

# 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.

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

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



# **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.







## **CONVERGENCE CENTER**

The Information and Technology Convergence Center is UMW's "academic commons" – where technology, information, teaching, and learning resources come together in an environment that is modern and dynamic. It is different from anything else on campus, as you'll notice from the two-story video wall!

Located on Campus Walk next to Simpson Library, this building has been designed with students in mind. You can gather, study, work, and play in a variety of spaces – all with the latest technology.

### Here are a few features of the Convergence Center:

- self-service computer workstations
- a self-service multimedia lab for computer and video productions
- a sophisticated video production space (like a small television studio)
- group collaboration spaces with flat-panel screens
- conference and meeting rooms throughout the building
- several high-tech classrooms and a digital auditorium;
- new locations for the **Speaking and Writing Centers** and **IT Help Desk**
- UMW's new Digital Knowledge Center
- a new digital gallery and Blackstone Coffee

## Get Involved in SUSTAINABILITY AT UMW

**Environmental Sustainability Minor**: An interdisciplinary minor offers students a deeper understanding of sustainability, the environmental movement, social justice, economic development, and their interaction in the real world.

**Ecology Club**: A campus leader in the sustainability movement, this student-run club partners with national and local organizations as well as on-campus groups to make positive change locally and nationally.

**Eco Reps**: Students work with the UMW Sustainability Office to manage sustainability initiatives and foster awareness among faculty, staff, and students.

**President's Council on Sustainability**: Students, faculty, and staff serve on the University's advisory council responsible for planning and implementing sustainability goals.

**RecycleMania:** A national recycling competition focuses on student-led activities.

UMW is committed to sustainability; whether it is energy conservation, recycling, LEED buildings, or Green Dining you will find comprehensive initiatives and programs where you can affect your campus and community. To get involved, contact the UMW Sustainability Office at sustainability@umw.edu, or visit sustainability.umw.edu.

# PARENTS and FAMILIES



# YOU and YOUR STUDENT



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

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

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

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

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

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

#### **FERPA (Family Educational Records and**

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

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

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

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

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

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

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

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

evenings, and students may request a ride from outlying parking areas or an escort to their residence hall.

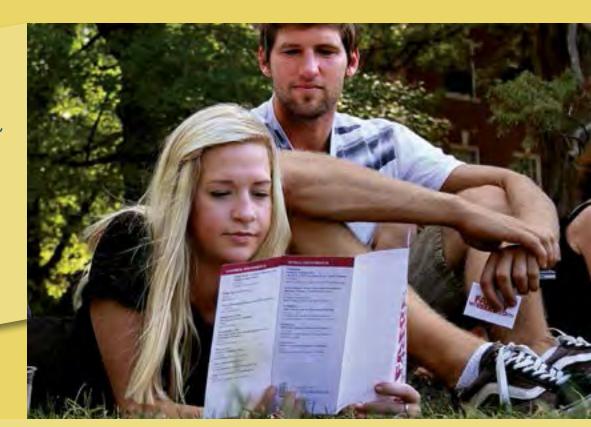
UMW has fire detection and alarm systems in all buildings. Smoke detectors are in the hallways, stairwells, and rooms of residence halls. Each hall has three fire drills each semester to ensure that everyone knows how to be safe during a fire emergency. Fire safety violations such as false alarms or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

**Student Employment:** Approximately 20 percent of UMW students work on campus, each earning an average of \$1,545 each per school year. The Office of Financial Aid provides information to students interested in employment on campus. Students wanting information about employment in the campus dining hall, Eagle's Nest, or catering operation should contact UMW Dining Services.

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

academicandcareerservices/tutoring.

Limited housing options are available during Thanksgiving, winter, and spring breaks for international and out-of-state students, but only for those who apply by the communicated deadline. Students should contact the Office of Residence Life to investigate possible housing options for breaks.



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

TECHNOLOGY UMW GROUP OR ORGANIZATION UMW CAMPUS

FREDERICKSBURG AREA

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

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

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

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

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

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

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

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

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

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

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

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

**EAGLE** – UMW mascot

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

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

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

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

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

eSUDS – online laundry monitoring system used in most residence halls

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

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

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

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

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

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

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

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

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

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

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

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

**Mdub** – otherwise known as Mary Washington

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

**ORGSYNC** – online portal where everyone connects!

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

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

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

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

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

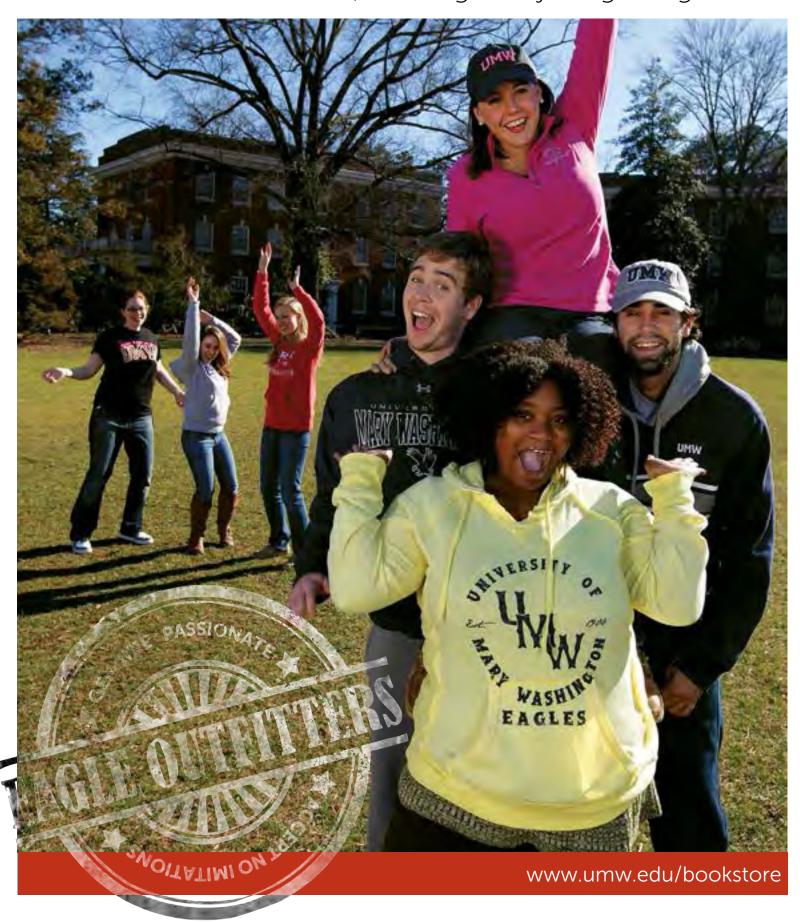
**UMWQEP** – UMW's Quality Enhancement Plan: First-Year Seminar: Research, Write, Speak

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

**WMWC** – student-run radio station webcasting at **wmwc.umwblogs.org** 



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

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

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



#### To Alvey or Arrington halls

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



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

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

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

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

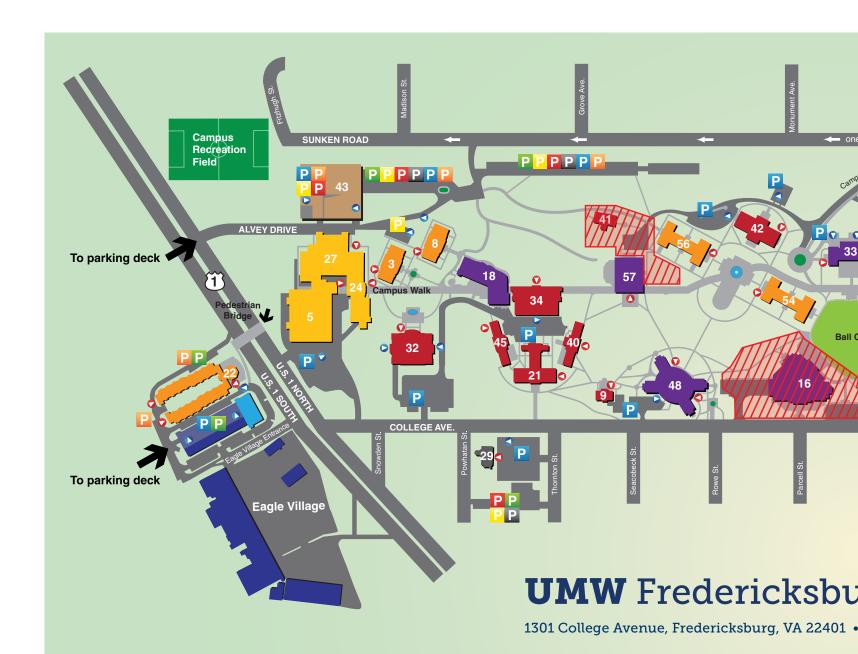
To find South Hall or Framar Hall from College Avenue via Route 3: From College Avenue, take an immediate right into Jefferson parking lot.

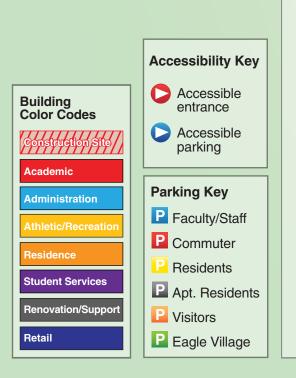
To find South Hall or Framar Hall from College Avenue via U.S. 1: From College Avenue, proceed through the traffic light at Double Drive and take an immediate left into Jefferson parking lot.



#### To Eagle Landing

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





Key				
1004 College Avenue 1201 William Street	1	Brent House Public Safety	13	Eagle Landing Fairfax House
Alvey Hall Alvey House	3	Brompton  UMW President's residence – pri		Human Resources Fitness Center
Anderson Center Annex A	5 6	Bushnell Hall  Campus Center (coming 2015)	15 16	Framar House George Washington Hall Dodd Auditorium
Annex B Arrington Hall	7 8	Combs Hall Information and Technolo	17 gy	Goolrick Hall Gymnasium Swimming pool
Art Gallery Ridderhof Martin	9	Convergence Center	18 19	Hamlet House Heating Plant
Ball Hall  Battleground	10	Custis Hall	20	Jefferson Hall Jepson Alumni Executive
Athletic Complex Bell Tower Carmen Culpeper Chappell Centennial Campanile	12	Klein Theatre duPont Gallery Studio 115	2.	Center Alumni Relations Jepson Science Center

Updated 8/2014





