

EAGLE ESSENTIALS



[JANUARY 2016]



UNIVERSITY OF
MARY WASHINGTON

where great minds get to work



UNIVERSITY OF
MARY WASHINGTON

where great minds get to work

NOTES

TABLE of CONTENTS

Welcome to UMW!

- 4 Calendar Red-Letter Dates
- 5 Contacts
- 6 myUMW
- 7 EagleOne Card
- 8 Technology

New Student Orientation

- 10 Orientation Information and FAQs
- 11 New Student Move-In & Welcome
- 12 Essential Information

Academics First

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

Business Matters

- 19 Banking
- 19 Bookstore
- 20 Copy Center
- 20 Financial Aid
- 20 Post Office
- 21 Student Accounts

Campus Housing and Dining

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

Life at UMW

- 29 Athletics
- 30 Commuting Students
- 30 Disability Resources
- 31 Getting Involved at UMW
- 32 Center for Honor, Leadership, and Service
- 32 The Arts
- 33 Honor System
- 33 Judicial Affairs and Community Responsibility
- 34 Healthy U
 - Campus Recreation
 - Talley Center for Counseling Services
 - Health Center
- 36 Center for International Education
- 36 Multicultural Student Affairs
- 37 Hurley Convergence Center
- 37 Sustainability
- 37 Veterans Resource Center

Parents and Families

- 39 You and Your Student

- 41 UMW Glossary: EagleSpeak
- 44 Directions to Campus
- 45 UMW Fredericksburg Campus Map



WELCOME TO UMW

IN THIS SECTION:

- Calendar **Red-Letter Dates**
- Contacts
- myUMW
- 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!

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

For updates until you arrive, visit the EagleGateway portal in **myUMW**. There you will be able to access your class schedule, financial aid information, student accounts, and more.



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

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

Calendar **Red-Letter Dates**

All forms to become a UMW student can be completed and submitted by email with one exception: All incoming full-time students, whether residential or commuting, are required to submit to the Health Center by **Jan. 4, 2016**, 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:

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Student Scholarship Application form | Dec. 15 |
| <input type="checkbox"/> Health History, Tuberculosis Screening, Immunization Record forms | Jan. 4, 2016 |
| <input type="checkbox"/> NCAA Intercollegiate Athletic form | Jan. 4 |
| <input type="checkbox"/> Check email for housing assignment by 5 p.m. | Jan. 6 |
| <input type="checkbox"/> Move-in day (residential students) | Jan. 7 (9 a.m.- 4:30 p.m.) |
| <input type="checkbox"/> Check-in day (commuters) and orientation (all students) | Jan. 8 |
| <input type="checkbox"/> Final grades or transcripts | Jan. 8 |
| <input type="checkbox"/> Orientation (all new students) | Jan. 8-9 |
| <input type="checkbox"/> Parent and Family Information form | Jan. 15 |

ACADEMIC CALENDAR

New student registration begins
Offices closed
Residence halls open (new students)
Residence halls open (returning students)
Classes begin
Last day to add courses
Course-drop deadline (without a "W" grade)
*Spring break
Individual course withdrawal deadline
Advance registration
Multicultural Fair
Classes end/last day to withdraw from UMW
Reading days
Final exams
Commencement
Residence halls closed

*Residence halls close for spring break (except Eagle Landing)

SPRING 2016

Nov. 9
Dec. 21, 2015 - Jan. 3, 2016
Jan. 7 (9 a.m.)
Jan. 10
Jan. 11
Jan. 15
Jan. 29
Feb. 26 (5 p.m.) - March 6
March 11
March 21 - April 1
April 9
April 22
April 23-24
April 25-29
May 7
April 30, 10 a.m. (except for graduates)
May 8, 10 a.m. (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 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 |
| Dining Services | 654-1928 | umwdining.com |
| Disability Resources | 654-1266 | academics.umw.edu/disability |
| 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 |
| 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 |
| Talley Center for Counseling Services | 654-1053 | students.umw.edu/counseling |
| 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 |
| Veterans Resource Center | 654-5995 | students.umw.edu/veterans |
| Writing Center | 654-1036 | academics.umw.edu/writing-fredericksburg |

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

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

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





EagleOne Card

Your official UMW identification card is called the EagleOne card. 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 Simpson Library
- ✓ use in the campus dining facilities and check meal plan and balance information
- ✓ use as a debit card with your EagleOne account
- ✓ make purchases at the UMW Bookstore, Copy Center, Post Office, Health Center, Klein Theatre, University Tennis Center, and all dining operations
- ✓ use in vending machines for snacks, drinks, and laundry
- ✓ use for public copiers and printing at campus computer labs
- ✓ make purchases from participating off-campus merchants

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



If you lose your card...

All lost cards should be deactivated immediately in person at the EagleOne Card Center during normal business hours or online 24/7. If you are a residential student, you should also deactivate your card at the UMW Police Station (Brent House).



Access the EagleOne Site.

Technology

As a UMW student, you'll find that having a computer is essential to a successful academic career. See our technology.umw.edu/new 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.

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

The web houses many resources you will use as a student, including research databases, 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 on-line 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. To see the available services, check out technology.umw.edu/new. You will set up your ResNet account when you move in to your residence hall.

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

You Have Questions? We Have Answers!

See the New Student FAQ at technology.umw.edu/new.

Avoid Password Confusion

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

Set Up Your Security

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

I Need Wireless!

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

Protect Your Account and Identity

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

NEW STUDENT ORIENTATION

IN THIS SECTION:

- Orientation Information and FAQs
- New Student Move-In & Welcome
- 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. 8-9, 2016**.

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

Yes. Residential students may move in Thursday, **Jan. 7, 2016** from 9 a.m. - 4:30 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 opened **Nov. 9, 2015!**

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 New Student Programs and Arrival 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 Orientation with you. There is an additional cost of \$40 per person 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 Orientation Office at 540/654-1444 by **Dec. 11, 2015**.

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. 7, 9 a.m. - 4:30 p.m.** UMW offices will be open all day 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: Additional assistance at Orientation and into the academic year may be found at the second floor University Center Information Desk. If you require assistance after 5 p.m. or on weekends during Orientation, feel free to check with your Orientation Leader or Residence Life staff in your assigned residential space for support.

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 myUMW. Instructions will be posted on the Parking Management website prior to the registration period. The decal fee (see myUMW 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. 11, 2016**, 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
- Career Services
- Tutoring and Academic Success Seminars



Academic Planning

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

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

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

First-Year Students: First-year students may register for courses following their course advising meeting with a Student Success Coordinator. In addition, first-year students will have an opportunity to register for classes during their January orientation.

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

TIPS

“

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

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

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

”

First-Year Seminar

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

UMWQEP
Quality Enhancement Plan

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?

First-year students may register for courses following their course advising meeting with a Student Success Coordinator, and may also register for classes during January orientation.

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 Services in Lee Hall.

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

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 Services. Tutoring and study skill sessions are free, and dates are posted on the Academic Services website.

If I want to change my schedule, how do I do this? You make schedule adjustments online through myUMW. 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, 2016**.

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 or the first year of academic courses. 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? The **Writing Center** offers help with writing projects for your classes and beyond. The **Speaking Center** offers help with communication skills through videotaped practice presentations and feedback, and the **Digital Knowledge Center** provides assistance with a wide range of digital projects and assignments. These centers are in the new Information and Technology Convergence Center, Room 429.

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 standard 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.



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. 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)

Simpson Library

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 Career Services: World Ready

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. Career Services 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, quizzes, 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 Academic Services 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 |

**Comparison shop and
Order textbooks online at
www.umw.edu/bookstore**

Return textbooks without
dropping a course by **Jan 15**.
Return textbooks with a
dropped course by **Jan. 29**

Bookstore

The University Bookstore is owned and operated by UMW and 100% of profits remain on campus to support the educational environment!

The bookstore has used, new, and rental textbooks. Look up **course materials and order online**. Textbooks will not be shipped. They will be ready for pick up on Sunday, Jan. 10, 2016, from 12-4 p.m. in 108 Lee Hall (ground floor).

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

The store also offers class supplies, electronics, residence hall supplies, a convenience store, and an excellent selection of general books.

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 Seacobek Hall. Options include transparencies, laminations, specialty paper, personalized stationery, binding, labeling, shredding, inserting, collating, scanning, and digital photo processing.

Put the Copy Center to work!
Regular hours are:

Fall & Spring Semesters:

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

Summer Semester:

| | |
|-------------|-----------------|
| Mon. – Fri. | 8 a.m. – 5 p.m. |
|-------------|-----------------|



Financial Aid

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

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

Post Office

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

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

Access your mailbox:

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

Window services:

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

continued from page 20

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. 7, 2016**, 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 Eagle Gateway Portal on myUMW and student email.

TIPS

Advise those writing to you to use the following format:

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

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

For additional information please visit adminfinance.umw.edu/studentaccounts or call 540/654-1250.

Tuition Bills are available online through EaglePAY.

- An email notification will be sent to your UMW email address once the bills are available.
- Students can add additional email addresses or sign up Authorized Payers within EaglePAY.
- Typical semester bill dates:
 - Fall semester - Mid-July
 - Spring semester - Mid-November
- Bills are typically due a couple of weeks after they are generated.
- All new charges or unpaid account balances will be billed periodically throughout the semester.

Payment Options

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

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

CAMPUS HOUSING AND DINING

IN THIS SECTION:

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



Application and Agreement for Residential Students

UMW believes in the development of the whole student and is committed to making UMW home regardless of where you live.

New students pay a one-time \$250 housing deposit as part of the admissions \$500 enrollment deposit, guaranteeing campus housing. Housing application information is available at **students.umw.edu/residencelife/springnew**. Students complete their applications after paying their housing deposit. This Housing and Dining Services Agreement is a binding agreement between the student and the University for three semesters (incoming freshmen) or one semester (incoming transfer students).

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



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 2016! 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 service providers.

Can I bring a fridge for my room? Personally owned refrigerators that are 2 amps or 4.5 cubic feet or less are permitted, providing they are UL approved. Only one refrigerator is permitted in a double or triple room, and two are permitted in a quad. 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. 7, 2016**, 9 a.m.-4:30 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



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

Can I change my meal plan? Information on changing meal plans can be found at students.umw.edu/residencelife/mealplan. Changes may only be made during the first two weeks of classes.

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

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

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

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

What are flex dollars? Flex is a cash equivalent debit account built into all of the meal plans. You can use Flex Dollars to make food purchases at all of the Campus Dining locations. Flex balances roll over from fall to spring semester. Unused balances at the end of the spring semester will be forfeited.

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



Where to eat on campus

The University Center

Resident Dining- Fourth Floor

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

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

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

Sunday Brunch is a must-do dining event! Check our website at umwdining.com or dining brochures for daily serving times.

Retail Dining – Second Floor

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

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

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

Hurley Convergence Center

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

Lee Hall

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

Woodard Hall

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

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

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

For each restaurant's hours, visit umwdining.com.

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
- Hurley Convergence Center
- Sustainability
- Veterans Resource Center



Athletics

UMW is a proud member of the NCAA Division III and is renowned as one of the strongest broad-based programs in the nation. Of the 21 sports at UMW, all 21 have competed in national championship events, and the Eagles have brought home national titles in five sports. As a charter member of the Capital Athletic Conference (CAC), the Eagles have won the CAC All-Sports Award 12 times in the 25-year history of the league. UMW also has produced hundreds of All-America selections, and countless all-region and all-conference picks.

As a DIII institution, we do not offer athletic scholarships, nor do we utilize the national letter of intent program. However, all of our sports are very competitive, and spots on the rosters are not taken for granted. Have a thorough and complete conversation with your head coach about where he or she sees you on the team. There may be an expectation of some level of tryout. All roster spots are evaluated annually, based on criteria such as academic and athletic performance, team commitment, and social responsibility. If you have any questions about where you stand or what the expectations will be, please direct them to your head coach. All potential student-athletes must meet NCAA eligibility, complete mandatory athletic training 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 prior to the first day of practice for the team.



Commuting Students

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

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

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

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

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

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

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

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

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

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



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

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 guidelines, 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, as soon as possible.

Getting Involved at **UMW**



Concerts! Movies! Traditions!

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

Love community service?

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



Where can I worship?

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

Baptist Collegiate Ministry (*associated with Center for Faith & Leadership*)

Contact: connect@umwcenter.org

Campus Christian Community

Contact: info@campuschristiancommunity.com

Catholic Campus Ministry

Contact: cece@umwccm.org

Chi Alpha

Contact: pastormarisa@yahoo.com

Encounter@UMW (*associated with Spotswood Baptist Church*)

Contact: encounter@spotswood.org

Hillel (*Jewish Student Association*)

Contact: hillel@mail.umw.edu

The House Episcopal & Lutheran Campus Ministry (*associated with Trinity Episcopal Church & Christ Lutheran Church*)

Contact: anne@christ-lutheran-church.org

Intervarsity Christian Fellowship

Contact: ivmdub@gmail.com

Islamic Student Association

Contact: isa.eagles@gmail.com

New Life College Connection

Contact: sean.whitenack@gmail.com

Praise Dance Ministry

Contact: umwpcdm@outlook.com

St. Philomena's Table Ministry

Contact: umwstpt@gmail.com

Voices of Praise

Contact: voicesofpraiseumw@gmail.com

Young Life

Contact: umwyounglifecollege@gmail.com

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.

Mary Washington is a special place, one marked by mutual trust, respect, and engagement with our community. Our words, actions, and relationships affect others, regardless of our roles or the positions we hold. At CHLS, our mission is to help students nurture our culture through community service, honorable behavior, and leadership development. CHLS programming is designed to seamlessly integrate UMW values in and outside the classroom to tackle the “real world” challenges we all face. The staff and students of CHLS are committed to helping everyone at UMW be the change they wish to see in the world and turn their passion into action.

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.

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) 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 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.

For information on UMW's Policy on Sexual- and Gender-based Harassment, including sexual assault, and on how to get support if you are a survivor, please go to diversity.umw.edu/title-ix.



Healthy **U** Campus Recreation



Intramural sports events range from team leagues in basketball and flag football to short term events like dodgeball and beach volleyball. The Fitness Center houses state-of-the-art cardiovascular, free weight, and circuit equipment. An assortment of group fitness and wellness programs are available; these are free for the UMW community. The field complex offers synthetic surfaces with advanced lighting, softball and baseball diamonds, and a premier beach volleyball court for intramural and sport club use.

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:

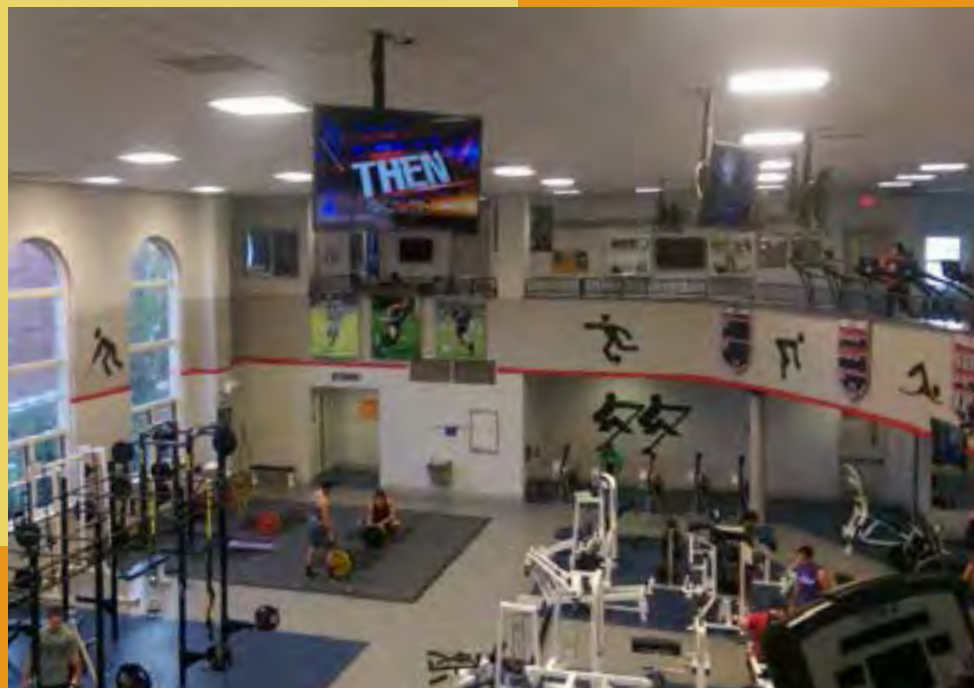
- Baseball
- Basketball (M&W)
- Boxing
- Canoe and kayak
- Cheerleading
- Color guard
- Cycling
- Fencing
- Field Hockey
- Lacrosse (M&W)
- Polo
- Quidditch
- Rowing (M&W)
- Rugby (M&W)
- Ski/Snowboard
- Soccer (M&W)
- Softball
- Swimming
- Tennis
- Terrapins (synchronized swimming)
- Ultimate (M&W)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

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

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

Saturday
10 a.m. - 6 p.m.

Sunday
noon - 8 p.m.



Go to students.umw.edu/campusrec 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 (Suite 106) during regular business hours. The counseling center is staffed by mental health 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.

Health Center

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

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

All incoming full-time students, whether residential or commuting, are required to submit to the Health Center by **Jan. 4, 2016**, 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 next-semester classes until their completed form is turned in.

TIPS

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

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

Other services available for small additional fees include

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

Center for International Education (CIE)

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

Through the CIE (Lee Hall, fourth floor), students have access to a wide variety of **UMW Faculty-Led Programs** and four **Exchange Programs**. Students may also **intern, volunteer**, or do **academic research abroad** and can choose from a host of **UMW Approved Programs** offered by both Education Abroad Providers and international universities. UMW students can study abroad for a semester or academic year, over the summer, or during the spring and winter breaks to earn academic credits toward their graduation requirements.

CIE serves the needs of **international students** by providing immigration admissions services. Our staff guide international students through the process of obtaining their visas, maintaining status, and transitioning easily to life at UMW. CIE's **UMW World** is a community of international students and UMW study abroad alumni which hosts events to facilitate global community and exciting cultural experiences; it includes **InterLink**, which allows UMW student mentors to welcome incoming international students and help ease their transition to campus life.



Multicultural Student Affairs

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





HURLEY CONVERGENCE CENTER

The Information and Technology Convergence Center is UMW's "academic commons" – where technology, information, teaching, and learning resources come together in a dynamic environment

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**

Veterans Resource Center

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



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. *Eagle Essentials* is a resource to assist you in finding answers to those questions.

Special-Occasion Delivery: The UMW Office of Alumni Relations has partnered with on-campus marketing and the campus post office to provide special-occasion cakes, baked goods, and care packages for birthdays and final exams. Proceeds support a UMW Washington Scholarship. This is the only program endorsed by the University to provide cakes or exam “survival kits.” The unique delivery system allows you to include handwritten notes and ensures on-time notification and delivery. 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 be able to secure significant savings on your auto insurance. Contact your insurance company and ask about college student credits for children away at school.

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

Family Weekend: Each September, 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, 206 Lee Hall. Faculty and UMW staff are also restricted in the information they may share with you even if you are financially responsible for the student. This is not a UMW policy. This is a requirement of FERPA, a federal law. For more information about FERPA, visit at academics.umw.edu/registrar or the U.S. Department of Education online at ed.gov/policy/gen/guid/fpco/index.html.

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

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

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

Opportunities to Stay in Touch: UMW offers many opportunities for parents to stay connected. Learn more by visiting umw.edu/parents. Please ask your student to review or complete the Parent and Family Information Form available in myUMW. 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, please contact the Office of Annual Giving at 540 654-2068 or umwgift@umw.edu.

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 with Campus Dining should fill out a Student Job Application from their website at umwdining.com, or email [campus dining at dining@umw.edu](mailto:campus.dining@umw.edu).

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

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

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

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

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

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

Blue and Gray Press – student-run weekly newspaper

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

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

CANVAS – online course management system that provides course information such as notes, grades, assignments, and class announcements. Use varies by professor. May be accessed through 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

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, programming, and concerts

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.

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 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

FSEM – first-year seminar

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

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

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

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

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

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

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

UC – the University Center, home of dining and student-centered offices

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.



www.umw.edu/bookstore

Directions to Campus

Once in Fredericksburg

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

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

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

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

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

To Alvey or Arrington halls

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

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

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

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

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

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

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

To Eagle Landing

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



To the James Monroe Museum
908 Charles Street
Fredericksburg VA 22401

To parking deck

To parking deck

UMW Fredericksburg Campus

1301 College Avenue, Fredericksburg, VA 22401 • 540/654-1000 • www.umw.edu



Buildings Key

| | | | | | | | | |
|----|-------------------------------|----|--------------------------------|----|----------------|----|-----------------------|----|
| 1 | Brompton | 14 | Goalrick Hall | 27 | Marshall Hall | 37 | University Apartments | 53 |
| 2 | 1004 College Avenue | 15 | Gymnasium | 28 | Marye House | 38 | University Center | 54 |
| 3 | 1201 William Street | 17 | Swimming pool | 29 | Mason Hall | 39 | Virginia Hall | 55 |
| 4 | Alvey Hall | 19 | Hamlet House | 30 | Melchers Hall | 40 | Westmoreland Hall | 56 |
| 5 | Alvey House | 20 | Heating Plant | 31 | Mercer Hall | 41 | Willard Hall | 57 |
| 6 | Anderson Center | 21 | Hurley Convergence Center | 32 | Monroe Hall | 42 | Woodard Hall | 58 |
| 7 | Annex A | 22 | Jefferson Hall | 33 | Parking Deck | 43 | Eagle's Nest | |
| 8 | Annex B | 23 | Jepson Alumni Executive Center | 34 | Physical Plant | 44 | Post Office | |
| 9 | Arrington Hall | 24 | Center | 35 | Pollard Hall | 45 | College of Business | |
| 10 | Art Gallery | 25 | Admissions | 36 | Randolph Hall | 46 | | |
| 11 | Ridderhof/Martin | 26 | Bookstore | | Russell Hall | 47 | | |
| 12 | Ball Hall | | Financial Aid | | Seacrock Hall | 48 | | |
| 13 | Battleground Athletic Complex | | The Underground | | South Hall | 49 | | |
| | Bell Tower | | Library, Simpson | | Tennis Center | 50 | | |
| | Garmen Gujper Chappel | | Link, The | | Trinkle Hall | 51 | | |
| | General Campaigne | | Madison Hall | | Tyler House | 52 | | |
| | Brent House | | | | | | | |
| | Public Safety | | | | | | | |

Accessibility Key

- Accessible entrance
- Accessible parking

Parking Key

- Apt. Residents
- Commuter
- Eagle Village
- Faculty/Staff
- Residents
- Visitors

Building Color Codes

- Academic
- Administration
- Athletic/Recreation
- Renovation/Support
- Residence
- Retail
- Student Services



Scan for UMW on Google Maps



WHERE DO YOU
THINK
BEST?



UNIVERSITY OF
MARY WASHINGTON

where great minds get to work

1301 College Avenue
Fredericksburg, VA 22401-5300
umw.edu