UMass Lowell Helps Families in Need

UMass Lowell hosted its 6th Annual Thanksgiving Food Drive at the UMass Lowell Inn and Conference Center on Monday, November 24th. The event was a collaborative effort hosted by the Offices of Residence Life, Campus Ministries, Student Activities & Leadership and Multicultural Affairs. Funding for the event was made possible by donations from students, staff, faculty and families.

This year was our most successful yet! Over 318 families from the Lowell community were provided with bags brimming with food for Thanksgiving and beyond. The total donations this year were over $4500.00. We also had over 100 student volunteers the day of the event.

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• Finals Tips from Centers for Learning
• Candy Grams Fundraiser
• Updates from University Advancement
• Inside Campus Ministries
Dear Parents & Families,

The end of the semester is here! It is so hard to believe that the semester has flown by this quickly. We look forward to working with you and your students to conclude the semester in a positive way.

In this issue of the Family Times, you will find an array of interesting articles. There are tips from the Centers for Learning and Academic Support Services on how to be successful during Finals. There are updates from University Advancement and information about Winter Intersession housing and dining options. There is even an overview of what Campus Ministries at UMass Lowell is all about and what it has to offer your students.

As you know, it is the season of giving and Parent Programs is giving back to the Lowell community. Our office is partnering with several campus departments to run our 2nd Annual Toy Drive for children. To find out how you can help with this effort please take a look at the article in this issue.

In closing, we hope that the rest of the semester is a great success for each and every one of your students. We also hope that you will be able to spend some quality time with your students over the winter break. As always, if there is anything that we can do to help you, please do not hesitate to contact us.

Sincerely,

Joy & Phil
Final Exams Success Tips
CLASS offers advice for best results during final exams

We are excited to pass along to you our Countdown to Finals sheet that we distribute to students at this point of the semester, which is a collection of our wisdom, experiences, and observations in preparing for Final Exams. Most of all, we want to emphasize that preparing for Finals starts several weeks before Finals themselves, and, to the extent possible, to decompress and take care of oneself.

Not that we expect that students do every single one of these, nor that doing so guarantees certain grades, but we hope that students can make some adjustments, for a particular class or all of them, and perhaps even internalize some of these suggestions for beyond this semester.

Of course, let us know if you have any questions or concerns, at 978-934-2936. Thanks!

COUNTDOWN TO FINAL EXAMS!
Final Exams Begin on 12/12

Organization and Mini-Review (from now until 1 week before)

- Attend all classes and get information from instructors about the content and format of final exams.
- Check final exam guidelines on Registrar’s website.
- Review your old tests and quizzes for cumulative finals.
- Review early chapters in your texts & check chapter summaries; re-work some homework problems.
- Writing a research paper or essay? Meet with a tutor at the Write Place.
- Organize your notes and outline topics for systematic review.
- Create a study checklist of all material to be reviewed, including chapters from text and notes.
- Form a study group with classmates; share your strengths and quiz each other.
- Get help from a peer tutor in SO 321, O’Leary 1st floor, Fox Hall, and ICC.
- Develop summary sheets/mind maps of important topics.
- Check professors’ websites for supplementary course material.
- Develop a study schedule by estimating how much time you need for each item on your study checklist.

Intensive Study (1 WEEK BEFORE)

- Keep up with current course readings and assignments.
- Review your lecture notes and textbook notes.
- Take breaks!
- Use mind maps to get “big picture” of course material.
- Use flash cards for memorization of detail.
- Create mnemonic devices for memorization of vocabulary terms.
- Outline answers for possible essay questions.
- Complete practice problems for math-based courses.

Review (EXAM WEEK)

- Attend a review session at the Tutoring Center.
- Continue to review textbook: look over headings, introductory & summary statements.
- Recite information aloud.
- Create and take self-tests.
- Reduce test anxiety by avoiding last-minute cramming right before your exams.
- Breathe! You are prepared, so feel confident and positive in your ability.
- Eat well and stay active! Get plenty of sleep.

Hot Cocoa For Finals!!
The Centers for Learning wants you to stop by! Warm up with some cocoa and study for your finals.

Days: 12/11 and 12/12
12/15 through 12/18

Times: 9:00 am to 4:00 pm

Location: Southwick 308
(North Campus)
O’Leary Learning Commons 1st Floor
(South Campus)

Questions? Call us at 978-934-2936
This year, UMass Lowell is continuing its annual tradition of helping children in need from the Lowell community. During the holiday season, the Division of Student Affairs sponsors children and families connected to the B.R.I.D.G.E. Program. The B.R.I.D.G.E. Program (Beginnings, Respect, Independence, Diversity, Guidance, Education) at the David J. McHugh Alternative Middle School is an alternative middle school for Lowell Public School students who are exhibiting behavioral problems in their traditional school settings. Program highlights include a 10 to 1 teacher ratio, curriculum designed after the Massachusetts State Curriculum Frameworks, an intensive and structured behavioral management system, an emphasis on project-based learning, after school programs, and therapeutic groups.

Last year, students were given the opportunity to help with the cause. By purchasing candy grams, students were able to send a little bit of cheer to their roommates, friends, professors and staff across campus. All proceeds from the sale of the candy grams were then used to purchase gifts for the children and their families.

This year, Parents and Families can join their students and get involved as well. To send a special candy gram to your student, just follow the easy steps listed on the side of this page. Candy grams will be delivered right to the student’s campus room. You can even include a special message wishing them luck on finals!

It is our goal this year to raise $2000.00 for this special cause.

If you have any questions, or would like more information, please contact phillip_begeal@uml.edu or call 978-934-5165.

Send Your Student A Candy Gram

Goodie Bag filled with Candy and a message of support

$5.00 Donation per Candy Gram

Additional Donations Welcomed

3 Easy Steps

Step 1
Email: phillip_begeal@uml.edu
We will send you a link to an online ordering form

Step 2
Fill out the required fields providing your student’s name, campus address and a message

Step 3
Make a payment

We will deliver the candy gram right to your student’s door!
Updates from University Advancement

Contributions from parents and families benefit the UMass Lowell Community

It is an exciting time to be a parent of a UMass Lowell student. As the university ascends in national rankings, opens new facilities and expands its services for students, there is a vibrancy felt on campus like never before. River Hawk pride is at an all-time high.

A strong commitment by you—parents of UMass Lowell students—helps to make this possible. Gifts from parents and families are a meaningful investment in a UMass Lowell education. Just as the university impacts your student’s life each day, you, as parents have an opportunity to make an additional impact on the university by making a gift.

Your contribution helps to:

- Increase the value of a UMass Lowell degree by supporting programs that elevate UMass Lowell to a national stage.
- Provide an innovative and challenging academic experience led by a dedicated and talented faculty committed to teaching.
- Increase our ability to meet the financial needs of our students and families.
- Enhance the student life experience by helping to fund 140 student organizations and 18 Division I athletic teams.
- Promote living and learning on campus with state-of-the-art facilities like the newly opened University Crossing, our new hub for student services activity.

To date, we have doubled the number of parent donors to UMass Lowell compared to last year at this time. Please consider joining the hundreds of fellow parent-donors by making a gift to UMass Lowell before December 31, 2014.

For more information on University Advancement, call 978-934-2223 or visit www.uml.edu/advancement.
Many students come to campus wishing to continue their affiliation with a particular faith community or perhaps explore a new one. UMass Lowell believes it is important to encourage a student’s personal development through the exploration of many avenues, including spiritual and religious choices. The University recognizes a number of religious student organizations, some of which are also advised and mentored by recognized Campus Ministers. These ministers are supported by their own denominational or religious organizations.

Campus Ministries is located in University Crossing, Suite 380. There is also an adjacent Serenity Center to hold services of all faith traditions. This article features brief overviews of each of the campus ministry programs. For more information, visit www.uml.edu/student-services/Campus-Ministries.

Catholic Campus Ministry/Catholic Student Union
Berna Kensinger, Director of Catholic Campus Ministry
Email: bernadine_kensinger@uml.edu or catholic_center@uml.edu
Phone: 978-934-5032
Facebook: UML Catholic Student Union

Opportunities with Catholic Campus Ministry
- Holy Mass is celebrated every Sunday night at 7:00PM in Moloney Hall (University Crossing 260)
- Weekly Quiet Hour of Prayer and Adoration & Prayer including the Rosary
- Student-led overnight retreat at least once an academic year
- Weekly service opportunities including work in local food pantries
- “Agape Latte” in association with Boston College - faculty, staff, administrators are invited to talk to students about faith and their life experiences.

UML Hillel (Jewish Student Organization)
Liron Asher, Organizer/Advisor
Email: multicultural_affairs@uml.edu
Phone: 978-934-4336

UMass Lowell is in the process of re-establishing a Jewish Student Organization on campus. As the largest Jewish student organization in the world, Hillel builds connections with emerging adults at more than 550 colleges and universities, and inspires them to direct their own path. For more information on how to get involved with this new venture, please contact Multicultural Affairs or Student Activities and Leadership.
Protestant Campus Ministry at Lowell (PCML)
Imogene Stulken, Campus Pastor
Email: imogene_stulken@uml.edu
Phone: 978-934-5014

Weekly worship is offered on Sunday afternoons at 4:00 PM in University Crossing, the Serenity Center 382. The service is interactive and offers opportunity for conversation and personal reflection on the day’s Scripture readings.

A signature piece of the Protestant Ministry is “The Pastor Is IN” — out-of-office office hours on Mondays on North Campus in the Southwick Food Court and on Wednesdays on South Campus in the O'Leary Library Lobby. Students are invited to drop by for a brief greeting and a piece of candy, or to sit and talk (about life, work, classes, faith and spiritual issues) for an hour or more, or for anything in between.

In March, as part of Lowell Women’s Week, the Ministry plans to host the 18th annual panel presentation, “Braided Streams: Women of Faith Speak.” At this event, women students of various faiths share their experiences of the intersection between religion and gender.

Christian Student Fellowship
Chris James and Patrick Schwartz, Campus Ministers
Email: chris_james@uml.edu or patrick_schwartz@uml.edu
Phone: 978-934-5063
Website: www.umlcsf.com

Christian Student Fellowship (CSF) is an evangelical Christian ministry and student organization reaching out to both undergraduate and graduate students. We are a part of the national organization, Baptist Campus Ministry, but operate cross denominationally on campus. Students from a variety of evangelical backgrounds have found a spiritual home on campus with CSF. Our staff spend a large portion of their weeks meeting one-on-one with students. Each week, we offer a large-group worship and Bible study called Refuge meeting every Tuesday night in University Crossing’s Maloney Hall. In addition, there are multiple ways for students to grow in faith and in friendships including conferences, retreats, mission trips, and small group Bible studies.

Muslim Student Association (MSA)
Professor Deina Abdelkader, Advisor
Email: uml_msa@yahoo.com
Facebook: UMass Lowell MSA

The Muslim Students Association of the University of Massachusetts at Lowell was founded in 1975 and is one of the oldest student organizations on campus. MSA’s primary goal is not only to address and serve the voices and needs of the Muslim community around campus, but to actively contribute to the diversity and growth of the university as well.

Throughout the academic year, MSA organizes and sponsors several social, cultural, and educational events and activities for the general public. In these activities, MSA aims to help promote a sphere of understanding between Muslim and non-Muslim communities.
## Important Contacts

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<td>Student Affairs</td>
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## Upcoming Events for Parents & Families

**Friday, 1/2 (7 p.m. - 9 p.m.)**  
Men’s Basketball vs. Binghamton  
UMass Lowell men’s basketball team takes on America East rival Binghamton. For more information visit [www.goriverhawks.com](http://www.goriverhawks.com).

**Monday, 1/12 (9 a.m. - 3 p.m.)**  
Parent & Family Orientation  
For any parents of first year students who did not attend a summer session, here is your chance. Join us for a day of information sharing. For more information, contact philip.begeal@uml.edu.

## Parent Programs

Office of Residence Life  
University Crossing, Suite 120  
220 Pawtucket Street  
Lowell, MA 01854

978-934-5150 ph  
978-934-6453 fax  
parent_program@uml.edu  
[www.uml.edu/parents](http://www.uml.edu/parents)