Campus Recreation offers students a wide array of indoor and outdoor activities. The Outdoor Adventure Program offers a variety of safe and fun outdoor trips for students to explore. Trips are offered that meet every person's skill level in order to challenge students to grow through the experience. The goal is to encourage teamwork, skill development, personal growth and appreciation of the outdoors throughout the trip experience. Registration fees include trip instruction, transportation, gear and any food that may be needed. To view the upcoming trip schedule and fees visit: www.uml.edu/oap.

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- Healthy H.A.W.K.S.
- Combating Hunger on Campus
- Housing Selection Information
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- New Tutoring Space
Message from the Parent Programs Team

Joy Schmelzer & Phillip Begeal

Dear Parents & Families,

What a whirlwind of a semester this has been. Record snowfall caused several cancellations and many students started classes later than usual.

The snow has not kept the campus from being busy with activity. At the end of February, Parent Programs in cooperation with University Advancement hosted a Family Appreciation Reception during the final weekend of regular season hockey. Over 100 parents and family members sign up to attend this successful event.

In this issue of the Family Times, you will find several important and informative articles. We highlight what is being done to deal with the numerous snow days as well as review in detail the housing selection process. There are articles covering a few student run organizations that are making a positive impact on campus. Finally, there are details about the newly expanded tutoring space on North Campus and information about the upcoming Chancellor’s Celebration of the Arts.

In closing, we hope the semester has been successful for you and your student so far. As always if you have any questions please do not hesitate to contact us.

Sincerely,

Joy & Phil
How Does UMass Lowell Handle All Those Snow Days?
The University addresses record snowfall

As many know, New England experienced record snowfall in January and February resulting in several cancelled classes at UMass Lowell. Although, snow cancelations are not uncommon, the challenge this year arose from repeated cancelations on Monday and Tuesday (delaying the start of some classes). In order to address the lost class time, the Provost’s Office has worked closely with the Faculty to offer a solution.

In brief the message from the Provost’s Office said:

Many faculty members have already taken steps to adjust course calendars and taken advantage of campus technology to make up for lost meeting time. But, given the total number of class days missed, we want to offer additional means of making up time. To ensure that classrooms are available for this use, we have identified the following Saturdays as optional dates available for faculty and students to make up lost class, lab and meeting time:

• Saturday, Feb. 28 – Monday class schedule
• Saturday, March 7 – Tuesday class schedule
• Saturday, April 25 – Tuesday class schedule
• Saturday, May 2 – Monday class schedule

Faculty will clearly communicate with students about any classes or labs to be held on those specific dates and students are encouraged to check with faculty to confirm any scheduled dates. We ask that faculty electing to use make-up days work closely with students who have conflicts such as work commitments or religious observances that would prevent their attendance to ensure that they are not disadvantaged by these calendar adjustments. We recommend that faculty not schedule examinations or quizzes on the Saturday make-up days.

The University in focused on ensuring the safety and security of all students, faculty and staff. Parent Programs would like to commend the University Facilities team for working tirelessly to ensure the University was operational as quickly as possible.
What are Healthy H.A.W.K.S.
Learn about student health advocates at UMass Lowell

The Healthy H.A.W.K.S. are a peer education program that provides students with an easily accessible and relatable health information resource. As an extension of the Health Education Department of the Wellness Center, the Health Advocates With Knowledge & Skills (H.A.W.K.S.) are a student group that develops and executes a variety of health promotion programming. The topics addressed by the Healthy H.A.W.K.S. include: stress, sleep, nutrition, fitness, sexual health, abstinence, and alcohol and other drug education.

The H.A.W.K.S. are selected by application process, which includes a minimum GPA as well as an interview. Students do not need to be health majors. The experience gained as H.A.W.K.S. is transferable to any major: students learn to develop and execute health promotion programs and accompany their advisor, Tracy Moore, into classrooms to do guest lecturing for professors.

Every semester there is a giant Stress Relief Fair for the students on Reading Day (the day before exams begin). Activities at each fair include: free chair massages, therapy dogs to pet, free frozen yogurt sundae bars, group fitness classes, sleep information, a labyrinth and much more.

The H.A.W.K.S. sponsor (and co-sponsor) a variety of health awareness campaigns. Some of these events include:

- The National Collegiate Alcohol Awareness Week
- Wellness Wednesdays (in cooperation with the Campus Recreation Center)
- HAWK TALK - an informal drop in event
- “Eat This, Not That” (in cooperation with SOS)

The Healthy HAWKS recruit new members every March before spring break.

The new ‘Hatchlings’ help out at a couple of events prior to the summer.

To learn more about the H.A.W.K.S. visit their Facebook page: www.facebook.com/UmlHealthyHawks
The Fight Against Hunger on Campus
SOS works to compact student hunger with new campus initiatives

This year has been a tremendous year for UMass Lowell’s fight against student hunger. Food insecurity, the inconsistent access to adequate food, has been found to be well above the National average on several campuses across the Country. More specifically, in a University approved survey administered in August of 2014, we found that 24% of the 1,335 UMass Lowell student participants were food insecure. The implications of this study underscore the importance of the work done by two student-run groups on campus.

The first, Support Our Students at UMass Lowell (SOS) was founded in 2014 and seeks to enable students to overcome the hunger barrier to collegiate success. In collaboration with University Dining provided by Aramark, a program was launched to put meals on student ID cards giving students in need free access to UMass Lowell dining halls. The program raises meals in two ways: students that purchase the unlimited meal plans through the University are able to donate a guest meal, and private donors can purchase meals scholarships at a discounted price of $5 per meal. SOS will be hosting entertaining events and workshops that educate and raise awareness about food insecurity, and reduce the stigma associated with seeking help. Our upcoming events include a cooking demonstration, film screening of A Place at the Table, and the First Annual SOS Oatmeal Challenge.

The other organization helping to fight hunger is the Navigators. The UMass Lowell Navigators organization was founded in 2008, and consists of students, faculty & staff members. The Navigators especially serve those who have followed a less traditional path to college and who are in need of additional support (e.g. students who have aged out of foster care, first generation college students and those struggling with homelessness). In effort to decrease food insecurity on campus, the Navigators opened an on-campus food pantry located in the Fox Hall Mailroom, stationed right in the heart of East Campus. The food pantry is a place where any student can get access to toiletries (e.g., soap, toothbrushes, razors) and a wide collection of non-perishable, nutritious food items. All students are welcomed, individuals do not need to fill out an application or provide any information to access the food bank. The pantry is open for students year-round, as we find that students especially struggle with hunger during the school breaks and summer. To access the pantry students can email the Navigators from campus accounts to set up an appointment, participation is anonymous.

It is the goal of the University, SOS, and the Navigators to prevent hunger so that no student has to worry about where their next meal is coming from.

To donate a meal scholarship or for more information about getting involved with or enrollment in the SOS Program, please contact Alison Lai at sosatuml@gmail.com or go to our website wwww.sosuml.org.

To Make a Donation to the campus food pantry or for more information about the campus food pantry and the Navigators please contact, Professor Stephanie Block at stephanie_block@uml.edu the President Michelle Wojcik at michelle_wojcik@student.uml.edu.
Housing Selection Survival Guide
Everything you need to know about Housing Selection at UMass Lowell

The time of year has come when students will be choosing their housing assignments for the next year. Many parents have questions about the housing selection process.

How to Apply for Housing

- Go to www.uml.edu/reslife and log on to the Online Housing Gateway using your email credentials (Make sure you are using either Internet Explorer or Mozilla Firefox.)*Be sure to your pop up blocker is off before beginning this process*

- Once you have logged on, chose “Housing Applications” on the left hand side and select 2015-2016 Housing Application.

- Once that screen opens, review the information to ensure that it is correct and scroll to the bottom of the page to hit “next step”

- Make sure that you submit a credit card payment for the $200 housing deposit in order for your contract to be complete. Be sure to click “submit” and then “finish”. Your payment will not be processed if you do not do this and could delay your contract process.

Eligibility

- In order to be eligible for the 2015-2016 Room Selection Process you must be a current resident and registered for courses in the spring semester. Current residents are eligible for room retention (if applicable), general selection and auto-allocation. New incoming students and current commuters will not be permitted to participate in any aspect of the Room Selection.

- Housing Contracts and $200 non-refundable Housing Deposits must be completed online by Tuesday March 31, 2015 by 11:59 p.m. Deposits are paid online with credit card (Visa, MasterCard, or Discover) during the housing contract process on the ONLINE HOUSING GATEWAY. Cash and Checks are not accepted.

- Students not living in apartments must choose a meal plan through the Online Housing Gateway. Failure to do so will result in automatic assignment of a meal plan. Apartments are defined as: Riverview West, Moody Street, East Meadow Lane, 725 Merrimack Street, and Princeton Properties.

Roommates

- If you have a particular roommate or roommate(s) you wish to live with, they must meet all the eligibility requirements listed above. If they do not meet these requirements, you will not be assigned with that roommate. Upperclass students may not live with incoming freshmen.

- All roommate requests must be mutual. If you are pulling in a roommate you must have their Student ID and RMS ID (obtained when housing lottery numbers are sent out).

- If your roommate request(s) cannot be met due to lack of space or invalid requests, you will need to select space in separate rooms.

- If you are attempting to pull-in a roommate into your retained room you MUST do so through the Roommate pull-in process (see calendar for dates) after you have retained your room (via the Online Housing Gateway). You CANNOT pull-in a roommate strictly by putting their information in your preferences.
Lottery Number

- All applicants will be assigned a random Lottery Number based on their Anticipated Class Year, which will be grouped beginning with graduate students, followed by seniors, juniors, sophomores, and finally freshmen.
- Lottery Numbers will be e-mailed to your student e-mail address on April 6, 2015 and are available on your Application Status screen of the Online Housing Gateway. Students with lower numbers (number 1 being the “best” possible number) will be able to participate in processes sooner than those with higher numbers.

Retaining your Room/Pulling in a Roommate or Suitemate

- For information on how to retain your room/suite and pull in a roommate(s) or suitemates(s), please log onto our website: www.uml.edu/reslife and follow the tutorials on the Online Housing Gateway link.

General Selection Schedule – All Upperclass Halls (April 18)

- Any returning resident and commuter who wish to live in university housing are eligible to go through General Selection, provided they have submitted a housing contract/deposit by March 31st at 11:59 p.m. General selection opens up all remaining available bedspaces on campus. You may choose to select a room as a group or participate in this selection process individually.
- If selecting a room as a group, the student who has the lowest (best) Lottery Number should act as the “Group Representative” by choosing a room and pulling the rest of the group in at that time. If the student with the best Lottery Number is unavailable, anyone in the group can act as the group representative to select the room and pull-in suitemates during their scheduled time. Proxy Forms are also available on our website at www.uml.edu/reslife for students who will not be available during this process.
- Before starting, you must have your intended roommate(s) RMS ID (emailed to you with your lottery number), Student ID number, and Meal Plan Preference.

Beat the System

- On March 24th from 6 p.m. to 8 p.m., Residence Life runs a big housing kick-off event in the Campus Recreation Center. This event is filled with fun games, giveaways and activities. Students also have the chance to enter a drawing to potentially win one of the top 10 lottery numbers for the housing selection process!

Important Dates

- Below is the calendar of important dates in the housing selection process:

<table>
<thead>
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<th>April 2015</th>
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Chancellor Meehan and the University faculty are hosting our first in what is planned to be an annual Celebration of the Arts in April. The event will highlight the work of some of the best artists on campus. The event is a great opportunity to come see the amazing works created at UMass Lowell and also spend time with your student. Details for the event can be found in the invitation below.

You're INVITED...

Chancellor’s Celebration of the Arts

Join us for the first-ever Chancellor’s Celebration of the Arts showcasing the work of top UMass Lowell student actors, designers, musicians, visual artists and creative writers working alongside special guest artists and faculty. The event acknowledges top supporters of the arts at the university and recognizes student achievement. The program will include:

- Senior-level performances by UMass Lowell’s most talented student musicians
- Specially selected scenes from the growing Theatre Arts program
- Painting and sculpture chosen by faculty from our premiere visual arts students
- Awards for excellence by student and community arts leaders
- Readings by best-selling Author, Andre Dubus III and select students

Ticket prices include a charitable donation to benefit student scholarships in the arts.

For more information, contact Anita_Pastor@uml.edu or call 978-934-4798.
More and more UMass Lowell students are utilizing a helpful free service that is available to them—peer tutoring. The Centers for Learning opened the first tutoring centers in the 1980’s; at that time the focus was on assisting first-year students in high-risk gateway courses such as Physics I, Calculus I, and Chemistry I. As the peer tutors themselves progressed through their coursework, they were able to add upper level courses to their tutoring repertoires, and the freshmen who came for assistance returned as sophomores and juniors. This growth in usage has resulted in Tutoring Centers on both North and South Campus in academic areas, as well as the addition of tutoring centers in Fox Hall and the Inn and Conference Center in recent years.

The latest expansion is the addition of a conveniently located tutoring center on North Campus in Southwick 320. This newly refurbished area can accommodate 40 students; new furnishings include large white boards, comfortable chairs and tables that have been designed for easy adjustment for large or small groups, individual tutoring appointments, and facilitated tutoring sessions.

As with all Centers for Learning tutoring locations, the area is supervised by professional staff and open weekdays from 8:30am – 5:00pm. Drop-in tutoring is an important complement to faculty-led lectures and recitations. Students are able to use the tutoring stations as study areas, and if they would like clarification of difficult homework assignments or course concepts, they need only ask one of the faculty-recommended peer tutors for some help. Weekly tutoring schedules are posted on the Centers for Learning website: www.uml.edu/class and follow the links for Drop-In tutoring.
Upcoming Events for Parents & Families

Sunday, 3/22 (1 p.m. - 4 p.m.) - LeLacheur Park
UMass Lowell vs. Albany Baseball Game
Join your students as they show support for UMass Lowell Baseball team as they face Albany. For more information, visit www.goriverhawks.com.

Thursday, 3/26 (2 p.m. - 6 p.m.) - Campus Recreation Center
UMass Lowell Summer & Beyond Career Fair
Don't miss this opportunity to meet employers representing a variety of industries during our all-major spring career event. More than 180 employers and over 1,500 students are expected to attend. For more information, contact the Career & Co-op Center at 978-934-2355.

Parent Programs

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Lowell, MA 01854

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