UMass Lowell Celebrates MLK Week

UMass Lowell is hosting our 4th annual MLK Week. The purpose of the week of events is to bring the university together to celebrate and remember the life and legacy of Dr. Martin Luther King Jr. These cultural programs provide an opportunity for students to showcase their talents; recognize students from local elementary and middle schools for the creativity and scholastic achievement in a middle school essay contest and an elementary school art contest; individuals to be awarded the Dr. Martin Luther King, Jr. Distinguished Service Award for their commitment and contributions to the community; and for attendees to hear an impactful and meaningful message from a distinguished keynote speaker. This year our keynote speaker is Dr. J. Keith Motley, Chancellor of UMass Boston.

For more details on the events visit http://www.uml.edu/student-services/Multicultural/Programs/MLK-Week.aspx
Message from the Parent Programs Team

Joy Schmelzer & Phillip Begeal

Dear Parents & Families,

I hope that the holiday season was an enjoyable one for each of you. It certainly was an exciting time for the Parent Programs Team. At the end of December, Joy Schmelzer, our Associate Director, and her husband Aaron welcomed a beautiful new baby into the world.

We have also been hard at work on new projects for parents and families. We hosted our first winter Family Orientation session for parents of new incoming first year and transfer students. Our website and social media pages are also undergoing major renovations. We are also planning a Family Hockey Night on February 27th. We will have more details in our February issue.

In this issue of the Family Times, you will find information on the new Solution Center and Wellness Center. There is also news about our upcoming MLK Week and the Strive Leadership Program. We hope you find this information helpful.

We hope you and your students have a successful start to the new semester. If you have any questions, please do not hesitate to contact us.

Sincerely,

Phil

Who We Are

Joy Schmelzer
Associate Director of Residence Life for First Year Experience & Parent Programs
joy_schmelzer@uml.edu

Phillip Begeal
Coordinator of First Year Experience & Parent Programs
phillip_begeal@uml.edu
We are excited to announce the grand opening of the Solution Center at University Crossing!

The Solution Center, a new office that brings together services in the areas of registration, billing and financial aid, officially opened for business on Monday, November 24th. The Solution Center’s cross-trained specialists are available to deliver the highest quality of service to students and their families by simplifying processes and increasing integration of services.

The Solution Center Specialists will be the first point of contact for all student questions and will be available via phone, email or in-person. The Registrar, Student Financial Services and Financial Aid offices will continue to operate and collaborate closely with The Solution Center to provide seamless service for students. Additionally, The Solution Center will be supported by Solution Hawks, a dynamic group of UMass Lowell students who are available to help their student peers.

In addition to the physical office location, an improved web and mobile presence supports students’ ability to facilitate their transactions 24/7. The Solution Center website centralizes information and provides easier access to iSiS. Students & families can visit The Solution Center on the first floor of University Crossing or online at www.uml.edu/usolve.

A few important reminders:

**FAFSA Application**
The FAFSA application should be completed as early as possible beginning January 1st for each upcoming aid year. Students are strongly encouraged to file the FAFSA by the University’s priority deadline, March 1st.

**UShare**

iSiS is UMass Lowell’s online student information system. With iSiS UShare, students have the ability to grant parents, guardians, family, spouses, employers, etc. access to their iSiS accounts. Students do this from their Student Center within iSiS. In compliance with FERPA, only students may initiate and assign guest access. A student may add or remove guest access at any time. Guest access will allow the student’s designee(s) access to areas of the student’s record for which they have been authorized, including the e-bill and online tuition payment. For more details and information please visit http://www.uml.edu/ushare.
An Inside Look at the New Wellness Center

Find out how UMass Lowell is bringing health and wellness under one roof

Located on the 3rd floor of University Crossing, the Wellness Center provides a wide array of services at UMass Lowell. Knowing that being healthy means more than just the absence of disease, the beautiful space has brought together Counseling Services, Disability Services, Health Education, and Health Services in one convenient location allowing students to be directed seamlessly towards the services that meet their needs.

Whether visiting the Licensed Social Workers in Counseling to help manage episodic or ongoing mental health issues, participating in a health education event offered by the “Healthy Hawks” from our Health Education Unit, working with Disability Services on the challenges of transitioning from secondary to a post-secondary setting for students with documented learning disabilities, or being seen by the Nurse Practitioners for a new or ongoing health issue, our goal is to support student learning.

Beyond keeping your student well during her/his time at UMass Lowell, we also strive to support the development of work ready, life ready, and world ready skills towards becoming savvy and knowledgeable consumers of health care services once they have completed their time on our campus.

The opening of the Wellness Center is a wonderful new resource for students on campus. Prior to the opening of University Crossing, all of the office now located in the Wellness Center were spread across North and South Campus. Today, students can make one stop for all their health needs. This provides students with convenience as well as privacy.

For more information on services provided in the Wellness Center, please visit the following website links or call the Wellness Center at 978-934-6800.

Health Services & Health Education
http://www.uml.edu/student-services/health/

Counseling Services
http://www.uml.edu/student-services/counseling/

Disability Services
http://www.uml.edu/student-services/disability/
Leadership in Motion
Learn about leadership development opportunities at UMass Lowell

UMass Lowell’s Leadership in Motion Series: The Strive Program. The Strive program is the second tier of a three-tier leadership program geared towards student leaders looking to sharpen their skills. These students first take the Kouzes & Posner Student Leadership Practices Inventory (SLI) to assess their strongest and weakest of the five practices. They attend workshops on these 5 practices and have group discussions in person & through social media to gain a better understanding of how to implement the behaviors of leaders. These students are paired up with University staff members that serve as coaches to guide them through the creation and implementation of a leadership goal that relates to their weakest leadership practice. This developmental opportunity is available each semester with signups at www.uml.edu/clubs. Students self-select to take part in this program and upon completion will receive a certificate, gain a relationship with an administrator, and be considered for future leadership awards and opportunities such as the option to become a junior coach to future students.

In addition to this wonderful program, this Spring UMass Lowell is hosting a Student Leadership Conference on February 21st. This will be the 8th Annual Spring Leadership Conference and students will have many opportunities to network, share ideas, learn about different leadership opportunities such as the leadership honor society Omicron Delta Kappa, and take away new skills to apply to their day to day life as student leaders. Signups for this conference will also be at www.uml.edu/clubs; students can log in with their student email credentials.

For more information on these programs

By Email: Amy_Liss@uml.edu or Heather_Wyatt@uml.edu

By Phone: 978-934-5001
Guide to Commuter Student Involvement
Learn about how commuter students can get involved on campus outside the classroom

Finding a place on campus where you feel you belong may sometimes feel overwhelming to new students. As a commuter, this challenge can feel even more daunting. Making new friends and getting acclimated to a new environment is not always as fun and exciting as people make it sound. It takes some effort. Yet taking the time and making the effort to explore and develop those connections will bring many benefits. It is a tried and true saying that “you get out of something what you put into it.” By getting involved in almost any area of campus we can guarantee the student will become more aware of campus resources faster than they will by just coming to campus each day and leaving after class. Below are several areas students can explore that might help them become familiar with the campus and find their niche. We encourage every student to explore at least one of these options.

Student Activities and Multicultural Affairs

There are over 200 clubs and organizations available for student to join at UMass Lowell. Most clubs have a web page and information about them can be found at www.uml.edu/clubs. These organizations run the gamut (professional, honor, social, cultural, media, religious, sport, Greek, all campus). They are a great way to meet new friends, find out about resources on campus and pursue individual interests. While these organizations are intended to provide the students with a reprieve from studying, they still support the educational mission of the University. Many do not realize the actual work skills that are developed and honed, as the students take the leadership roles in these clubs in developing the vision and programs, handling budgets and learning to lead others and manage resources.

Leadership

The office of Student Activities and leadership also offers a variety of workshops and longer opportunities to help first time and returning student leaders be more successful. These include the Fall Leadership Weekend for Student leaders (a 2 day overnight experience), STRIVE program ( see p. 5), and the Spring Leadership Conference, being held on Feb 21 to name a few. Again, students can find out about these programs at the www.uml.edu/clubs website. Some will be directly visible, for others, it may be necessary to click on “Campus Links” to find more information.

Community Service

Community Service is another great way to start to meet people. UMass is one of only two university systems nationwide to have all of its campuses represented in the Carnegie Foundation’s newly released 2015 Community Engagement Classification – considered the gold-standard system for measuring the service universities provide to their local communities. In 2014 UMass Lowell students, faculty and staff provided in the community more than 168,000 hours of service. To find out more about some of these awards and the office that works most directly with our community partners go to www.uml.edu/community.

If students would like to talk with one of the staff members about any of these or other particular opportunities they can visit the offices in University Crossing or email them.

Office of Student Activities and Leadership       UC Suite 220       Student_Activities@uml.edu
Office of Multicultural Affairs                 UC Suite 360       Multicultural_Affairs@uml.edu
Guide to Commuter Student Involvement
Learn about how commuter students can get involved on campus outside the classroom

Campus Recreation

Students who appreciate an active lifestyle will find a number of opportunities to find a niche at the Campus Recreation Center.

The fitness areas at the Campus Recreation Center on east campus and on the ground floor of the Riverview Suites on south campus are both open to all students and have wonderful state of the art machines and weights to help meet anyone’s fitness goals.

In addition there is always a robust schedule of classes for those who prefer guided exercises and working in groups. For a complete list of current classes go to http://www.uml.edu/CampusRecreation/Fitness-Wellness/Group-Fitness/Schedules.aspx

There are sport clubs for those interested in making a bigger commitment to a particular sport, not at the varsity level. Our club sports usually operate throughout the academic year, have coaches and schedule a season of competition with other schools in the region. There are 36 clubs sports offering something for both men and women. Many are Co-ed. For a complete list of the club sports go to http://www.uml.edu/CampusRecreation/Club-Sports/Active-Clubs/default.aspx

Our intramural program offers those students who may have played varsity sports in the past, or not, an opportunity to continue a sport they enjoy on a more recreational level. Intramural “seasons” usually last only a semester or less. There are also shorter “tournaments” which might be offered over a day, weekend or other time period. If a student does not know enough people to form their own team for intramurals the staff have a signup sheet for singles and will make a team of those wanting to join a team. The intramural schedule for the coming semester can be found at http://www.uml.edu/CampusRecreation/Intramurals/default.aspx

These are some of the most visible way to get involved but by no means the only ways. Hopefully you will encourage your students to pursue some of these options. If you have any questions about commuter student life please feel free to contact Mary Connelly, Assistant Dean of Student Affairs at mary_connelly@uml.edu.
Upcoming Events for Parents & Families

Sunday, 1/25 (2 p.m. - 6:30 p.m.)
Men’s Basketball vs. Binghamton
Basketball Doubleheader at the Tsongas Center: The men’s team tips off vs. Vermont at 2 p.m. with the women to follow. Halftime Dunk Show: Lucky, the Boston Celtics’ Mascot will put on a dunk show at halftime. Replica Jersey Giveaway: The first 750 fans in attendance will receive a UMass Lowell replica basketball jersey. Season Ticket Holder Bring-A-Friend Day: All basketball season ticket holders will receive a bring-a-friend voucher to the men’s and women’s doubleheader. For more information visit www.goriverhawks.com.

Thursday, 1/29 (6 p.m. - 8 p.m.)
2015 Kickoff and Idea Hack
Join your students for UMass Lowell’s spring 2015 DifferenceMaker Kickoff Event and Hackathon! You will learn more about DifferenceMakers and the $35K Idea Challenge; meet faculty and staff that can help your student further their idea and make it a reality. Please email DifferenceMaker@uml.edu with questions.

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