Dear Parents & Families,

Greetings from UMass Lowell! We hope that you are doing well and that your student is enjoying a successful Spring semester. You would never know by looking at the weather, but we are already more than half way through the term.

In this edition of the newsletter, you will find a few updates from different areas on campus. You will find an article explaining the myriad of benefits related to living on campus. University Dining has added the services of a nutritionist to help provide students with the most delicious and health-conscious meals possible. Career Services, the Centers for Learning and Campus Recreation also share an abundance of opportunities available to students this spring.

Here at the Office of Family Programs we are beginning to prepare for the 9 Family Orientations that we will be hosting over the summer. If you went through an orientation when your student first began their River Hawk journey, I would love to get feedback on what you wish you had known. The goal of these orientation sessions is to educate parents and families so that they are best able to help support their student’s success. If you have any insight that you would be willing to share, I would love to hear from you and utilize your perspective to improve Family Orientation.

As always, if you have any questions or concerns about anything at all, please feel free to reach out and we will do whatever we can to help.

Sincerely,

Mike Coughlin
We here at University Dining strive to create a home-away-from home for all of our students. Whether through comforting meals, friendly faces or fun, innovative programming, we want your students to feel just as welcomed in our spaces as they do yours. This is especially true when it comes to students with food allergies, special dietary needs, or those looking for the best nutritional choices.

This is why we are so excited to welcome our new Registered Dietician, Tina Fallon, to campus! Tina comes to us with a diverse background in the field of Nutrition and a passion for helping others navigate the dining halls. Having Tina on site gives your child the unique opportunity to learn more about nutrition and how to make healthy choices in the dining hall.

Additionally, she is a fantastic resource for those with special dietary needs. We highly encourage anyone with food allergies or other special dietary needs to reach out to Tina to learn about their dining options and what foods we have that meet their needs.

Tina is here to help all students with various needs and would love to work with you. Tina obtained her Bachelor of Science degree in Nutrition from the University of New Hampshire, her Master’s Degree in Nutrition from Northeastern University and completed her Dietetic Internship at Stony Brook University. Tina can be reached at: Fallon-Kristina@aramark.com

Take care and eat well,

Rachel DiGregorio
Marketing Manager, University Dining
The Benefits of Living on Campus

As you begin to think about next year, we are sure that living on campus will come up in your conversations with your student. We hope that this will bring about some great discussion. We thought it might be helpful to share with you our top ten reasons why students should live on campus!

1. The most obvious reason is: Better Academic Success. Studies have continuously shown that students living on campus perform well academically compared to those who do not live on campus. Close proximity to the library, study groups, labs, and other educational facilities at all hours of the day and night certainly helps students succeed.

2. Access to Staff and Faculty: Living on campus offers constant access to counselors, financial aid staff, and professors. Hall staff are available 24/7 for emergencies and non-emergencies alike. Engagement with the administrators on campus is a major factor in student success. The staff and faculty on campus all share the same goal as you do – success for your student.

3. Strong Social Connections: living on campus offers access to a great social network to which students who do not live on campus would not have. Our housing process allows students to select with whom they want to live. Being surrounded by friends and a support system increases satisfaction overall.

4. Student Development: living on campus is all about the student and their development; both personally and academically. Our Residential Curriculum in the halls focuses on personal development as well as educational growth. Diversity and Inclusion are areas in which students are encouraged to explore through this curriculum as well.

5. Higher Retention Rates: Studies show that students who live on campus are more apt to complete their degree and in a shorter amount of time than those who do not live on campus.
The Benefits of Living on Campus

6. Healthier Eating Habits: students who commute often commute during the typical meal times. Therefore, meals tend to be fast food, quick and easy options which are not always the healthiest. Living on campus offers a meal plan in the dining halls. Our dining halls offer a wide variety of options and always offer healthy alternatives to the quick and easy less healthy options.

7. Easy Access to Employment Opportunities: Many students need to work while attending college. Many jobs are offered all over campus and living on campus offers convenient and easy access to those jobs.

8. Great Friendships and Connections: More than thirty Living-Learning Communities are offered to residents. Involvement in an LLC provides constant access, encourages partnerships and collaborations with staff and faculty within the students. Living with other students who share the same interests and areas of study fosters organic friendships and live long connections.

9. More Time for Studying: less time driving to and from class means more time to spend on achieving the degree students are pursuing. Minimal housekeeping and cooking leads to more time for academics as well.

10. Exposure to Independence: Students who live on campus have “controlled independence”. Residents are encouraged to discover what it means to live away from parents and guardians in a safe environment. Adherence to the policies on campus ensures your student’s safety while assisting with this discovery.

These are just our top-ten reasons that your student should live on campus – I’m sure your student has reasons of their own! While you’re discussing, please be sure to let them know that the deadline to apply for housing and receive priority and guaranteed housing is March 31st! They can apply on the Online Housing Portal!

Sincerely,
Joy Schmelzer and Amanda Surgens, Senior Associate Directors of Residence Life
UMass Lowell
UMass Lowell Career & Co-op Center

The UMass Lowell Career & Co-op Center helps students develop the understanding and skills needed to make informed choices throughout their careers. With offices conveniently located in University Crossing (suite 450) and O’Leary Library (room 105), our staff firmly believes that students who use our services early and often will gain a competitive edge in the employment marketplace. Whether a student is in their first year or their final semester, the Career & Co-op Center can be of assistance.

By participating in our workshops and events, as well as meeting individually with our staff, students have the opportunity to learn how their particular abilities, interests and values fit into the world of work. This knowledge, along with well-developed job search tools and skills, will help UMass Lowell graduates secure enjoyable and meaningful career opportunities throughout their lifetime.

Services and resources provided by the Career & Co-op Center include:

- Print resources on a variety of career development topics
- Resources for exploring careers and majors
- Career Café workshop series ([Spring 2018 schedule as PDF](#))
- Signature Career Development Programs
- [Instructional videos](#)
- Career Guidance via Individual Appointments and Drop-Ins
  - Students should call 978-934-2355 to schedule an appointment
  - 15-minute drop-in consultations are available most weekdays and the schedule is posted on our website: [career.uml.edu](http://career.uml.edu)
- [Online Job Search Resources](#) including our [CareerLINK site](#)
- [On-Campus Recruiting](#)
- Career Fairs - Fall and Spring career fairs that attract 200 employers, plus specialty fairs for accounting (Fall) and non-profit & government (Spring) employers.
  - Click to view our [Spring 2018 Career Fair employers](#) and our [2018 Non-Profit & Government Fair employers](#).
Services for your student, final exams, and beyond...

The Centers for Learning and Academic Support Service (CLASS) team is here for your student!

We have thoroughly enjoyed interacting with thousands of students so far this semester. They have come to us for tutoring, advising, academic success coaching, pep talks and to show us their good grades. Here is a summary some of the academic support we provide your student and some information on mid semester and final exam preparation. Please do not hesitate to have your son or daughter call us to see how they might benefit from meeting with us. Our main number is 978-934-2936. We are also happy to speak with you if you have questions or concerns on how we may be able to help your student.

TUTORING

The Tutoring Center at UMASS Lowell has four vibrant locations. The academic campus locations are open from 8:30 am to 5:00 pm and located on North Campus in 321 Southwick Hall, and South Campus on the First Floor of O’Leary Learning Commons. Our evening locations are open from 6:00 pm to 11:00 pm in the Inn and Conference Center on the 8th floor and in the lobby of the Fox Hall. We have close to 100 tutors with extensive professional training that tutor in over 100 subjects. Our schedule is on-line and searchable. Please take a look at all our offerings. [https://www.uml.edu/CLASS/Tutoring/tutor-schedule/](https://www.uml.edu/CLASS/Tutoring/tutor-schedule/)

ADVISING AND ACADEMIC COACHING

We have an advising center on both the North and South Campuses. Our professional advisors help undergraduate students with all sorts of questions they have about their academic career here at UMass Lowell. Appointments with students are one-on-one and we cover a range of topics including advising, registration, study skills, graduate school planning, change of major and success coaching to name a few. We offered several collaborative which include “Get Caught Studying”, “Advising After Dark”, “Change of Major expo”, “Strategies for Success”, “Show Us Your A”, and time management workshops. We hope your student came to some of our events! If not, encourage them to check them out in the future.

MID SEMESTER TIPS

We encourage you to talk with your son or daughter to see how things are going. It is past mid semester now. This is a great time for students to check in with each professor to see how they are doing and to get some feedback on what areas need to be strengthened. If you think they may be having some academic challenges, please send them our way to talk about strategies to boost where they are.

FINAL EXAM PREPARATION

It is never too early to start preparing for final exams, papers, and projects. Having a solid plan is a great way to finish out the semester in the best way possible. Many final exams can count for over 30% of a total grade so it is wise for students to start preparing as soon as possible. If they are overwhelmed with the amount of work that happens in the second half of them semester send them over to see us. We can help them organize an academic work plan enabling them to potentially maximize their grades.
Biking Around Campus

The Bike Shop is Moving!

Exciting news! The new UMass Lowell Outdoor Center and Bike Shop at its new location, 5-2 Lawrence Drive, will be open and operational starting March 29th. Offerings from our new space will feature expended workshop space for DIY bike repairs, bike and outdoor equipment rentals, new and used bike and accessory sales, outdoor resource library, student meeting areas, and hip historic vibes! The bike shop will be closed March 27 and 28th to accommodate for the move and setup.

Freewheelers Bike Share

Freewheelers will be on the road again starting March 1. Freewheelers offers two options for getting you on a bicycle!

Freewheelers Free Daily Bike Share

Rent a bike for free from one of five locations on campus: Campus Recreation Center, Riverview Fitness Center, University Crossing, Lydon Library or O’Leary Library.  Sign up for the Freewheelers bike share online.

Freewheelers Semester Bike Rental

Get a Bike, Lights, Helmet and Lock for $50 Spring Semester and $75 Summer and Fall Semesters!  Sign up for a semester rental bike online.

Bicycle Programs

We offer a number of instructional program to help people get started biking and working on their own bike. Check out these upcoming programs on our website.

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<th>Program</th>
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<tr>
<td>Bike Commute Basics Luncheon</td>
<td>March 29, Noon-1pm</td>
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<tr>
<td>Bike Maintenance Basics</td>
<td>March 22 and April 19</td>
<td>7-9pm</td>
<td>FREE</td>
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<tr>
<td>Smart Cycling</td>
<td>April 6, 1pm-5pm</td>
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Upcoming Events & Important Dates

Wednesday 3/28 from 1-4pm in the O'Leary Library

Non-Profit & Government Career Fair

UMass Lowell’s Non-Profit & Government Career Fair, hosted by the Career & Co-op Center, is a special networking and recruitment event for UML students and regional employers seeking majors in liberal arts, social sciences and health. This event is open to all students exploring career options through a variety of experiential learning activities, including internships, fellowships, service learning, research, co-ops, part-time and full-time opportunities. Register for the event on-site with your UMass Lowell ID. Professional dress recommended. Make the most of this event and check out the website for guides and resources and be sure to research attending companies.

Saturday 3/31

Deadline for returning students to complete a housing contract to receive priority and guaranteed housing for the 2018-2019 academic year.

Tuesday 4/3 @ 12:30pm in University Crossing 260

Day Without Violence Keynote Address

2018 Greeley School for Peace Studies Tawakkol Abdel-Salam Khalid Karman will give the Day Without Violence lecture on “Nonviolence as a Means of Struggle, Change and Success” and interact afterward with the UMass Lowell community in a Q & A session. The lecture is free and open to the public. Parking is available at the Salem Street lot.

Wednesday 4/18 @ 6:30pm in Alumni Hall Lounge

Holocaust Survivor to Speak

Join Catholic Student Union for a Night of coffee, fun and friends. Hear from Schindler’s List Holocaust survivor, Rena Finder, who will share her experiences and take questions as the guest speaker at Agape Latte. Hear Rena’s riveting story and the lessons she learned from her experiences.

Important Contacts

Student Affairs
Deans of Students & Associate Vice Chancellor Office
978-934-2100

Residence Life
living on campus
978-934-5160

CLASS
Centers for Learning & Academic Support Services
978-934-2936

Student Financial Services
tuition, fees, billing, payment plans
978-934-3570

Financial Aid
aid, student employment, loan servicing, scholarships
978-934-4220

University Dining Services
meal plans & campus dining information
978-934-5369

Student Activities & Leadership
tuition, fees, billing, payment plans
978-934-3570

Multicultural Affairs
developing an inclusive community
978-934-4336

Career Services & Cooperative Education
Internships/co-ops & getting ready for life after college
978-934-2355

Wellness Center
Health, Counseling & Disability Services
978-934-6800

University Police Emergency
978-934-4911

University Police Non-Emergency
978-934-2398

Family Programs

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