Upcoming Events

Department of World Languages and Cultures
Meet and Greet, Wednesday October 3rd 11:00-1:00 pm, first floor Learning Commons, O’Leary Library. NO REGISTRATION REQUIRED

Dodgeball Tournament and Lawn Games, Friday October 12th 3:00-6:00 pm, Campus Rec Center. REGISTER HERE

Taking Care of You: An evening of Wellness, Wednesday October 17th at 5:30pm-7:00 pm, 3rd floor University Crossing in Wellness Center. REGISTER HERE

Confronting Gun Violence Against Kids Panasuk Symposium, Wednesday, October 17th, Inn and Conference Center. REGISTER HERE
Congratulations RHSA Students!!!

You made it through the first month of classes, and you’re all accomplishing amazing things. I encourage you to celebrate even the small wins and see each day as a chance for a fresh start. Here are a few reminders to help you tackle the next few weeks:

- Check your UML email. It may not be social media, but it’s important. Whether or not you read what’s sent to you, you are responsible for the content of each email and the communication you receive.

- Make sure to stay on top of your To Do List in SiS. This includes financial documents, health records, and account balances. Don’t let your remaining items become holds that prevent your registration for the spring semester.

- Finally, make time for self-care and ask for help if you need it! If you don’t make time to address your physical, mental, and emotional well-being it will be difficult for you to stay focused and reach your goals.

Remember, you have a team of people standing behind you. We are ready and willing to help you if you need it.
Welcome to Campus Class of 2022 from UMass Lowell Vice Provost Julie Nash

I can’t believe it’s been over a month since I spoke to all of you at the RHSA Welcome Event inviting you to remind your new classmates (and yourselves) that “You Belong Here!”

Each of you has a story to tell about your integration into the UMass Lowell Community. My guess is that each one of you has successfully navigated a challenge that may have seemed overwhelming on that very hot, un-air-conditioned first day on campus. Since then you’ve met your roommates or else figured out the best commuting times, attended classes, met new friends, and navigated the campus transportation system. Maybe you’ve had some setbacks - you’ve come down with a virus, slept through a class, or - more seriously - been affected by the explosions and fires in the Lawrence and North Andover areas.

If you’ve experienced any of these setbacks, I hope you’ve been able to draw from the many supports the RHSA can offer you. From advising, to community-building activities, to academic support, to peer mentors, we believe in you and want to help you get through any difficulties and have a successful first year.

Now you’re a month in: think about it - you’ve already come through about 1/3 of your first semester! We are so excited to hear your stories and to celebrate your successes. This newsletter will be an important way we can communicate information to you, but maybe more importantly, information about you - what and how you’re doing. Our hope is that you will make RHSA your program and let us know how we can better meet your needs and help you support one another.

I’m looking forward to attending some of your upcoming events and getting to know you as you continue to navigate this exciting first year at UML.

Please don’t hesitate to reach out to me if there is anything I can do to support you.

Best wishes,

Julie

What’s Happening in the RHSA?

River Hawk Scholars Academy Welcome Day was a great success, with over 220 students in attendance. For more information on this event, please see the link to a story from UMass Lowell reporter Katharine Webster.

On September 10th, the RHSA held its first annual College Hacks Event, featuring faculty, staff, RHSA peer leaders, and students discussing the best ways to succeed in college. During the event, students brainstormed tips about strategies for a successful college career at UMass Lowell. In groups based on college major, students discussed time management strategies, study methods, extracurricular involvement, and tips for getting to know professors. In addition to many other RHSA events, on Sunday September 23rd, 25 RHSA students kayaked in the Merrimack River with instructors at the UMass Lowell Boat House. The free event was a great success and featured a pizza party where students met their peers in the academy.
Sophomore Psychology Major and business minor Twisha Mohapatra became a peer leader to ensure that River Hawk Scholars Academy freshmen have the best support and guidance possible throughout their first year. She grew up in Winchester, Massachusetts and has strong interests in photography, listening to music with friends, and traveling. Twisha joined the River Hawk Scholars Academy after her friend wanted her to attend the Welcome Day Event. Today she writes “It has been one of the best decisions for me. I received immense support from Racheal and Matt and I knew I could (and still can) count on them.”

Twisha recalls the start of her freshmen year as being a time of uncertainty and that she experienced constant worries over whether college was the best use of her time and money. Soon, her concerns were assuaged when she found classes that recognized her interests in psychology and business. Reflecting on this, she writes “Over freshman year the classes started getting more engaging and interesting. I started to enjoy going to my classes and learning the about the things that sparked my interest. I realized that college was nothing like high school and I started to love it. Your freshman year is exciting, nerve wracking, and different. I hope to help guide and mentor the freshman class through the first year of their four-year journey. I am looking forward to this school year and I hope to learn and grow as a mentor and as a student.” Twisha’s favorite things at UMass Lowell are the professors and students in the campus community. She writes “Everyone is very open and friendly and I have made some amazing lifelong friends here.” After UMass Lowell, Twisha hopes to work in industrial psychology.

**Meet Twisha, one of our RHSA Peer Leaders**

In September, October, November, February, March, and April, we will select two students from the academy who have shown exceptional grit and achievement, people who exemplify the Academy’s spirit of discovering what success means to each of us and finding a way to work toward that success, while also helping others feel connected and empowered.

Each month’s winners will be announced publicly and will also receive recognition of their accomplishment. If you want to nominate someone, let us know - or nominate yourself at RHSA@uml.edu