Upcoming Events – First Gen Day November 8th

First Generation College Students Day, Thursday, November 8th, Campus Wide. Prizes will be given to students caught wearing their RHSA T-Shirts!

FAHSS Student and Faculty Luncheon, Thursday, November 8th from 1:00-2:30pm, Allen House

Kennedy College of Sciences Student and Faculty Dinner, Thursday, November 8th from 4:00-5:30pm, Sabb Center, 1st floor Perry Atrium

See page 3 for MORE RHSA events!!!
Racheal’s Advice

As we move through mid-semester and you finish up mid-term exams and papers, I just want to offer you some words of encouragement and support. I know that it seems like it will never get any easier and that no matter what you do it’s just not enough.

You ARE doing enough!

It will ease up soon, but it will be crazy and challenging, and move faster, before then. So, remember that there is a whole campus community here for you. Please reach out if you need assistance, are feeling overwhelmed, or just aren’t sure what to do.

Some Places to Go for Assistance and Support:

Wellness Center:
3rd floor of University Crossing for all health concerns, counseling, and disability services.
978-934-6800 Call to make an appointment, or for health related questions.

Centers for Learning:
North Campus: Southwick Hall room 308 –OR– South Campus: O’Leary Library 1st Floor
Folks at the Centers can help you with general advising, time management and study strategies workshops, and they manage the peer-tutoring services on campus.
978-934-2936 or 978-934-2941 Call to make an appointment, or stop by when you’re in the neighborhood!

Campus Recreation Center:
East Campus (right next to Fox Hall) 322 Aiken Street, Lowell MA 01851
Go here to relieve some stress, shoot some hoops with friends, take a yoga or fitness class, or shoot some pool. Plus, the staff are really friendly, too.
978-934-3041

Office of Multicultural Affairs:
3rd floor of University Crossing, Suite 366 (right next to the elevators)
Folks in this office provide support, information, programming, and resources for students around issues of diversity and inclusion. They welcome visits from students and provide a safe space to explore your interests and voice your concerns.
Give them a call at: 978-934-4336 or stop by.

“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”

— Fred Rogers
Congratulations to RHSA Student of the Month John Lesack!

Freshmen Business Administration Major John Lesack works in the Dean’s Office at the Manning School of Business and speaks fluent Portuguese. The River Hawk Scholars Academy appealed to John early on. He was intrigued by “the idea of building a community out of students that are similar yet so different from each other. Each student has taken a very different path, but in the end, reached the same goal of being a first-generation college student. Being in RHSA has made me feel welcomed even more and assures me I always have someone to go to in times where I may need guidance.” When asked about his favorite aspect of UMass Lowell, John enjoys “How welcoming everyone is. From fellow students to staff, everyone is friendly and always willing to help.” His advice to students? “I would just say step out of your comfort zone and try new things that interest you. Also, just be involved within the school and make sure you do what you can to better yourself and in turn the school as well.” An avid reader, traveler, and rugby player in his spare time, John grew up in Uxbridge, Massachusetts. He looks forward to where his business career may take him.

River Hawk Scholars Academy Feature: Strategic Planning Coordinator, Gerrit Boldt ’17

I’m excited to be with the River Hawk Scholars Academy during my year of service as a Campus Compact for Southern New England AmeriCorps VISTA! In this role, I’ll be helping with efforts to position the RHSA for long-term success. As a recent alumni of UMass Lowell, I believe that there is much to gain from being involved with student clubs and organizations on campus. Whether it be meeting lifelong friends or enhancing your leadership skills, UMass Lowell offers excellent opportunities to become engaged in your area of choice. Additionally, getting to know my professors was an essential part of navigating my way through college, honing my research interests, and deciding my future profession.

As a VISTA, I was inspired to serve after a visit to the Lyndon B. Johnson Presidential Library in Austin, Texas. Standing for “Volunteers in Service to America”, VISTA is a federal program created to alleviate poverty throughout the United States. I have long believed in the importance of building sustainable opportunities in education to assist in alleviating multigenerational poverty and advancing economic opportunity. As a program that supports educational success, I know that the River Hawk Scholars Academy is an important part of reaching these goals for the Merrimack Valley and the Commonwealth of Massachusetts.

If you ever have any questions about navigating your way through UMass Lowell and making the best of your time on campus, I can be reached at Gerrit_Boldt@uml.edu.

Best of luck! –Gerrit
What’s Happening in the RHSA?

On October 17th, UMass Lowell held a symposium on how to prevent gun violence against kids. The symposium brought together community members, policy makers, school leaders, and student activists to discuss how to lessen community violence. The event featured Peter Cunningham, the executive director of EducationPost and former Assistant Secretary for Communications and Outreach in the United States Department of Education as the keynote speaker.

The same day, students were invited to tour the campus Wellness Center and ask staff questions about campus resources. On October 12th, students participated in a dodgeball tournament and pizza party at the Campus Recreation Center.

On October 20th, University Professor and Historian Robert Forrant led RHSA students on a history tour of Lowell. The event gave students the opportunity to learn about the rich immigrant stories that have shaped the City of Lowell into what is today. Following the event, Professor Forrant took students out to lunch at Sizzling Kitchen in Downtown Lowell (on their way to lunch in the above photo).

Meet Kathleen, one of our RHSA Peer Leaders

Sophomore Biology Major Kathleen Mungai aspires to be a doctor and work with UNICEF or Doctors Without Borders. Reflecting on why she chose to be a Peer Leader in the RHSA, Kathleen states, “The reason why I chose to be a Peer Leader was that I remember how hard the transition from a high school setting to a college setting was, and I wanted to help upcoming freshman have a better transition. Being a peer leader has taught me how to be a better leader in the aspects of better communication skills and working with students from different backgrounds.”

Kathleen grew up in Lowell, Massachusetts, moving there when she was 10 years old from Kenya. Her favorite part about UMass Lowell is the great group of friends she has made. Her advice to RHSA Freshmen? “The best advice I would give to current RHSA students is not to be scared of asking for help- meaning going to office hours or tutoring, don’t wait till the last minute to pay your tuition or complete your To Do List on SIS- and lastly, the most repeated advice: DO NOT PROCRASTINATE.”