

Parent Newsletter

Connecting Parents & Families to UMBC



UNIVERSITY OF MARYLAND BALTIMORE COUNTY • SPRING 2013 EDITION

Winter Welcome Week: January 27-February 3, 2013

Lindsey Mitchell - Coordinator of Student Events, Office of Student Life

Hello, Parents! The Office of Student Life and the Student Events Board (seb) are excited to celebrate the start of another great semester and welcome students to UMBC! This year our Winter Welcome Week runs from January 27th to February 3rd and is bigger and better than ever (no, really – it's true!). We'll be kicking off our welcome back with Winter Crazy, Fun Night and taking over the Commons with dancing, karaoke, carnival games, and prizes after students move back in on Sunday, January 27th starting at 8PM.

Commuter students can stop by Main Street the next morning, January 28th at 8:30AM, to start the semester off right with Good Morning Commuters hosted by Off-Campus Student Services. Also on Monday is a Veteran's Reception in the Fireside Lounge at noon. After attending their first two days of classes, all students are welcome to join in on the fun at Game Zone sponsored by (seb) on Tuesday in the Sports Zone at 8PM. From board games to video games to those who just love free pizza, there's guaranteed to be something to do for everyone.

Encourage your students to stop by the Resource Fair on Wednesday, January 30th at noon to learn about some helpful departments on campus. Also on Wednesday the Transfer Student Network will host their Cards and Pizza event in Flat Tuesdays at 4PM. All students can show off their talents or watch other students perform covers of

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WE WANT TO HEAR FROM YOU!

As we continue to develop our Parents Connection program we are interested in hearing about your experiences thus far as a UMBC Parent or Family Member. Please take a moment to fill out this short survey <https://www.surveymonkey.com/s/Q6TLXRG>. We are looking for feedback about not only your experiences but also, what we can do to make that experience even better. Your feedback is greatly appreciated.

You can check out the new myUMBC Parents Connection page at:

<http://my.umbc.edu/groups/parents>.

songs, recite poetry, and tell jokes at Open Mic Night on Thursday at 8PM in the Sports Zone. And that's just the first few days of classes!

On Friday, February 1st, join some of the hundreds of student organizations at Involvement Fest in the Commons from 12-3PM hosted by the Student Involvement Center. Interested in joining an org? Want to get more involved on campus? Involvement Fest is the place to be! Welcome Week celebrations will resume that night at 9PM in the University Center Ballroom with a Comedy Show featuring the comedians of Comedy Central's hit show Reno 911! Immediately following the comedians will be a 10PM showing of "Wreck It Ralph" in Lecture Hall 1. The movie will be shown in the same location on Saturday at 10PM as well. Movie buffs may want to consider buying a movie pass for the semester to catch newly released movies on campus for less than \$2 a ticket! Movie passes and individual movie tickets will be on sale at the Campus Information Center in the Commons all semester.

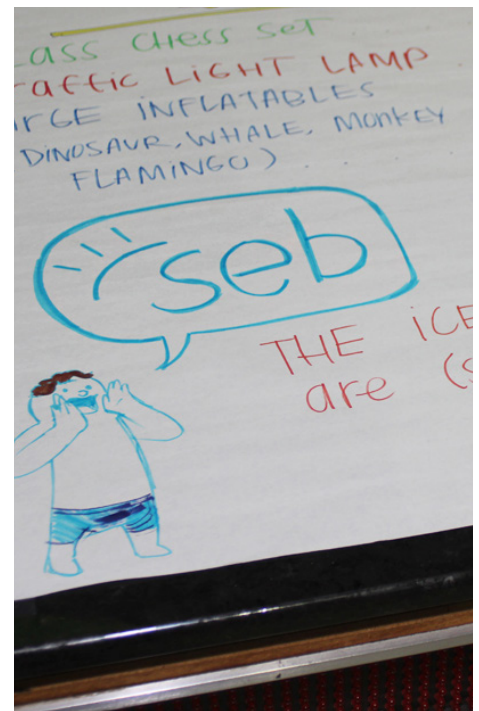
Wait, there's more! On Saturday night starting at 7PM, we continue celebrating students' return to campus by having a Back-to-School Breakfast and Bingo in the University Center Ballroom where (seb) will be giving away lots of great back to school items and other fun prizes! Rumor has it a Kindle Fire may be one of the big giveaways so students won't want to miss this! Luckily the fun doesn't end there. On Sunday, students will have the opportunity to catch the big game in the Sports Zone at (seb)'s Superbowl Party starting at 6 PM; this is going to be a fun night to remember for fans of both teams as they watch the game and enjoy the free food and giveaways!

Students can check out a full schedule of events on the Welcome Week website:

umbc.edu/orientation/welcomeweek.html .

And for more information on the Office of Student Life and the programs and services we offer throughout the year, please visit our website at umbc.edu/studentlife/ .

The staff members in Student Life are here to help your student connect and make the most of their UMBC experience!



WELCOME WEEK SCHEDULE - January 27th - February 3rd

Sunday, January 27th

Medium Crazy Fun Night

8-11 pm, throughout the Commons

Join (seb) for the official kick-off event of the spring semester. Food, games, fun and lots of people! Don't miss out.

Monday, January 28th

Good Morning Commuters on Main Street

8:30-10:30 am, The Commons

Join Off Campus Student Services for their first breakfast of the semester. Stop by to learn more about programs and services available to Commuter students.

Veteran's Reception

Noon -1 pm, Fireside Lounge

Come connect with fellow Veteran's and learn about resources available to support you. Food and refreshments will be served.

Tuesday, January 29th

Game Zone

8-10 pm, Sports Zone

Get your gamer on with video and board games in the Sports Zone. Free food!

Wednesday, January 30th

Resource Fair

Noon-1 pm, Main Street

Stop by Main Street to connect with University offices to get your questions answered and to start off the semester on the right foot.

TSN Cards and Pizza

4-6 pm, Sports Zone

Join other Transfer students for some card games and free pizza.

Thursday, January 31st

Open Mic Night

8-10 pm, Sports Zone

Show off your talents at the first open mic night of the semester.

Friday, February 1st

Involvement Fest

Noon-3 pm

Find the student organization that is right for you! UMBC has over 250 student organizations, come meet them.

Comedy Show

9-10 pm, Ballroom

Join (seb) for an evening of comedy with the stars of Reno 911!

Movie: Wreck It Ralph

10 pm, LH1

Wreck It Ralph brought to you by (seb). Free popcorn!

Saturday, February 2nd

Bingo

7-9 pm, UC Ballroom

Breakfast and bingo and great prizes!

Movie: Wreck It Ralph

10 pm, LH1

If you missed it last night, check out Wreck It Ralph on the big screen.

Sunday, February 3rd

Superbowl

6-11 pm, Sports Zone

Come cheer on your Superbowl favorite and grab some food and chance at some prizes!



Spring Opening from Residential Life

We look forward to welcoming your student to campus for the Spring Semester 2013!

On campus housing opens on Sunday, January 27th. Students new to campus are encouraged to move in during morning hours while returning students are encouraged to move in during the afternoon. Housing assignment information will be available for new students on-line in mid-January.

Please refer to the following web site for updates on Spring Opening.

http://www.umbc.edu/reslife/living/opening_spring.html

University System of Maryland Smoke-Free Campus Policy

Freeman Hrabowski - President & Philip Rous, Provost and Senior Vice President for Academic Affairs



As you may know, the USM Board of Regents has adopted a policy requiring all USM institutions, including UMBC, to provide a healthy, smoke-free environment for all faculty, staff, students, contractors, and visitors by July 1, 2013.

The new USM policy reflects a national movement to provide healthy, smoke-free environments on college campuses. The U.S. Department of Health and Human Services recently launched the Tobacco-Free College Campus Initiative, advocating for smoke-free policies at colleges and universities nationwide. More than 800 colleges in the United States, including Towson University in the USM, are already smoke free.

While the new smoke-free USM policy applies systemwide, each campus has been asked to develop an implementation plan best suited to its particular community. Over the past few months, we have worked to develop a process in keeping with our system of shared governance, allowing all members of the UMBC community to participate in development of the campus's implementation plan. Accordingly, we have created the Smoke-Free Campus Task Force – with representatives from UMBC's shared governance organizations, including students, faculty, and staff members. (A full list of the task force members is below.)

The task force will examine how other institutions have implemented similar policies; will provide opportunities for community feedback; and, ultimately, will recommend how best to implement the smoke-free campus policy at UMBC.

During the 2013 Spring Semester, the task force will host a number of meetings and public forums for members of the UMBC community to share suggestions and ask questions about the implementation process. You may also send suggestions to smokefree@umbc.edu.

We greatly value your input on implementing the smoke-free USM policy. Thank you for your support and assistance.

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Quitting Smoking: Resources and Assistance

- Quitting smoking is no easy task, so it's important to be aware of all the resources and assistance available to students on campus. All of these resources are free to students, faculty, and staff:
 - **Preparing to Quit** This is a 1-hour, one session, program for those that are unsure if they are ready to quit smoking. During this session, participants will weigh the pros and cons of quitting, identify what resources are available to them, and learn about the benefits that come with quitting. There is no commitment to quit required for those that attend and this program is also open to the public.
 - **Freedom From Smoking** This is a seven week program designed to help people quit smoking through positive behavior change and helping participants develop their own plan on how to quit. In eight 1-hour sessions, you'll learn about reducing stress, cravings and withdrawal symptoms, how to control your weight while resisting the urge to smoke, and more. Nicotine Replacement Therapy and Chantix (with prescription) are available for eligible cessation class participants. This program is also open to the public.
 - 1-1 Counseling Nurse Practitioners and Physicians at University Health Services are available to meet with individuals to discuss quitting. You can have a private conversation about how quitting will affect your health. If you are eligible for Nicotine Replacement Therapy or Chantix, these options are available. These visits are free and can be made by appointment by calling 410-455-2542.
 - **Quit Smoking Medications** There are many quit smoking medications available to the public. It is up to you and your physician to decide which may be best for you. University Health Services offers the nicotine patch, nicotine gum, nicotine lozenge, and the prescription Chantix. Each medication has its pros and cons and not everyone will experience the same results. If you are interested in trying a quit smoking medication to help you quit, you can make an appointment at University Health Services or attend a Freedom From Smoking class.
 - For more information on any of the above topics, please call 410-455-1558, email mdark1@umbc.edu, or visit www.umbc.edu/uhs.
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Cold & Flu Season 101

University Health Services

Prevention Tips, Signs & Symptoms and Treatment Options

It's that time of year again... cold and flu season... when it feels as if everyone in your class or your office is sick, and you fear you could be next. Below you will find many tips on how to prevent getting sick, signs and symptoms to recognize if you have become sick so that you can get the care you need, and how to treat the cold/flu so that you can get better and back on your feet as soon as you can.

Prevention:

- Get your flu shot! Flu shots are still available at UHS. Encourage your student to call to make an appointment today.

- Meditate and exercise to decrease stress and boost immunity.
- Eat healthy.
- Wash and dry your hands (often!).
- Get enough sleep to keep your immune system functioning optimally.
- Drink enough water.
- Take vitamins.

Cold/Flu Symptoms:

- 100° F higher fever or feeling feverish
- A cough and/or sore throat
- A runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Nausea, vomiting, and/or diarrhea (most common in children)

Although the cold and flu have very similar symptoms and can be hard to tell apart, in general, the flu is worse than the common cold. Symptoms such as fever, body aches, tiredness and cough are more intense with the flu. People with colds are more likely to have runny or stuffy noses.

Treatment Options:

- Stay home to avoid spreading illness to others
- Get plenty of rest
- Drink lots of clear fluids like water, broth, sports drinks or electrolyte beverages to avoid dehydration
- Place a cool, damp washcloth on your forehead, arms and legs to reduce discomfort associated with a fever
- Place a humidifier in your room/sleeping space to make breathing easier
- Gargle salt water to soothe sore throats
- Covering up with a warm blanket to calm chills
- Take over-the-counter medications to relieve symptoms, such as a decongestant, cough suppressant, and pain medication/fever reducer. Remember that these medications do not make you less contagious - they simply will temporarily relieve symptoms.
- Meet with your healthcare provider if symptoms persist or don't get better after 3-4 days. In some cases, antiviral medications may be prescribed to make your illness milder and prevent serious complications, or antibiotics may be prescribed if the flu has progressed into a bacterial infection.

For more information, visit the website www.flu.gov.

To make an appointment at University Health Services, call our front desk at 410-455-2542 or stop in anytime Mon-Fri, 8:30am-5pm.

Follow the CDC Flu Activity & Surveillance here: <http://www.cdc.gov/flu/weekly/fluactivitysurv.htm>

Shriver Center Coordinates Statewide Summer Internships

Mike Oettel - Associate Director of Professional Practice

The summer of 2013 will mark yet another year where 40 students experience something a little bit different than the traditional summer internship when the Shriver Center coordinates two of Maryland's most prestigious summer programs, the Governor's Summer Internship Program and the Walter Sondheim, Jr. Maryland Nonprofit Leadership Program.

Since the summer of 1988, The Center along with Office of the Governor has facilitated the Governor's Summer Internship Program (GSIP). The program was created under then-Governor William Donald Schaefer in order to introduce talented students to the challenges and rewards of working within Maryland State Government. Now heading into its 26th summer, GSIP has seen four different governors preside over the program and almost 500 interns "graduate" from its ranks.

For 10 weeks beginning June 3rd, 20 GSIP interns from a number of colleges and universities around the country (including UMBC) will have the opportunity to work on substantive projects with senior level public administrators and policy makers in departments or policy areas that closely correspond with their major or career interests. Students attend site visits and seminars designed to provide them with an overview of how their state government works and over the course of the summer, work with one another to develop policy papers that address significant issues facing the state of Maryland and will present their findings to Governor O'Malley himself at the culmination of the ten-week program.

Over the past five summers, The Walter Sondheim Jr. Maryland Nonprofit Leadership Program has offered paid summer internship opportunities in the nonprofit sector to 120 college juniors, seniors, and graduate students attending Maryland institutions. College and university undergraduate and graduate students from various majors are provided with an opportunity to build valuable skills, explore career choices within the nonprofit sector and gain experience managing and leading public service organizations. In doing so, the Maryland Nonprofit Leadership Program makes an important contribution to the development of the state's current and future workforce and citizenry.

This summer, 20 students will work for 10 weeks full-time from June 3rd to August 9th while participating in bi-weekly seminars in nonprofit management. The Shriver Center coordinates the program in conjunction with Maryland Association of Nonprofit Organizations and the Office of the Governor.

Please encourage your students to apply to these scholar intern programs along with other internships by having them visit The Shriver Center on campus. The Center has numerous opportunities and is here to assist your student in locating a great learning opportunity in their field of study.



What Really Counts?

Sue Plitt - Associate Director, The Career Services Center

What do employers care about? Many people think it's having the right major, a high G.P.A., or up-to-date training in the hottest technology. Make no mistake that these are certainly qualifications employers look for, but they most often are not the determining factors in who is actually offered the job (and the paycheck that goes along with it). When it comes down to it, great qualifications on paper alone don't pay the rent!

What does make the difference? Luckily, the National Association of Colleges and Employers takes out the guesswork by conducting an annual survey to uncover what exactly it is that employers seek in candidates. The Job Outlook 2012 report ranks communication skills at the top of the list of skills and qualities that employers rate as most important in new job candidates. Closely following communication for top honors is the ability to work in a team structure and to make decisions and solve problems. Also included in the top ten were: organizing and prioritizing work, obtaining and processing information, and the ability to analyze quantitative data. The GPA cutoff used by 63.5 percent of survey respondents is 3.0.

What are the implications of this study? Certainly not to ignore one's GPA. Instead, it seems to indicate that it is crucial for students to develop a broad set of skills – regardless of major or career goal. The desired skills and qualities mentioned in the study can be developed and strengthened through thoughtful classroom involvement; participation in extra-curricular clubs, groups and teams; other hobbies and community activities; and the applied experiences encountered via internships, volunteering, and part-time jobs.

Once obtained, it doesn't do a job candidate any good if they can't convince an employer they actually have these sought-after skills. That's why strong and meaningful resumes and intense interview preparation are crucial. Luckily, the UMBC Career Services Center (www.careers.umbc.edu) can assist students with telling their story and effectively communicating their skills and strengths during the job search process.

So encourage your student to focus on those grades, develop technical skills, and select academic courses carefully. But you may also want to sprinkle in reminders to develop qualities and skills that seem to make a difference between looking qualified and being qualified.

Myth/Fact on Binge Drinking

Jennifer Treger - Community Health and Safety Specialist

Talking about alcohol:

UMBC is proud of the comparatively low alcohol use rates reported in our campus assessments. Yet, even with low rates of consumption, we know that some of our students will make choices that place their safety at risk. It is important to talk to your college student about alcohol and the risks associated with binge drinking:

Test your knowledge on the topic of binge drinking:

1. Binge drinking is defined as 5 drinks for women and men in about 2 hours.

False: Binge drinking is defined as 4 drinks for women and 5 for men in a 2 hour sitting. Women metabolize alcohol slower than men due to their body structure.

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2. Sleeping it off is the best way sober up after a night of binge drinking.

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False: Alcohol poisoning can be very dangerous. If a person drinks a very large amount of alcohol in a short period of time, the high levels of alcohol can suppress the nervous and respiratory system and the body struggles to get rid of the toxins produced from the breakdown of alcohol.

Signs of alcohol poisoning include:

- *Mental confusion*
- *Inability to wake the person*
- *Vomiting*
- *Slow or irregular breathing*
- *Hypothermia or low body temperature, bluish or pale skin*
- *If you see any of the signs listed above, call 911*

3. Beer is not as intoxicating as other drinks.

False: A standard drink in the US is 12 ounces of beer, 5 ounces of wine or 1.5 ounces of distilled spirits. Beer or a mixed drink poured into a large cup is usually more than 1 standard drink. To avoid binge drinking, it is important for college students to be aware of exactly how much they are drinking over a period of time.

4. Binge drinking can be dangerous.

True: Binge drinking can lead to serious health and safety consequences such as car crashes, drunken driving arrests, sexual assaults and injuries. Frequent binge drinking can lead to liver or other organ damage.

5. Binge drinking can affect academic performance.

True: College students have reported academic consequences due to their drinking missing class, falling behind, doing poorly on papers, and receiving lower grades overall.

Source: <http://pubs.niaaa.nih.gov/publications/CollegeFactSheet/CollegeFactSheet.pdf>

Mental Health First Aid Training at UMBC - SIGN UP NOW!

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved. Goals of the program:

- Preserve life where the person may be in danger to self or others
- Provide help to prevent the mental health problem from developing into a serious state
- Promote recovery of good mental health
- Provide comfort to a person with a mental health problem

Mental Health First Aid does NOT teach people to be therapists. It teaches people to recognize the symptoms of mental health problems and provides information on how to get help.

Date/Time: Tuesdays February 26th and March 5th from 6-9 PM & Friday, March 1st from 1-4 PM

Location: University Center, Room 310

Sue Plitt (Career Services) and Cindy Paige-Desi (Residential Life) will be conducting the training.

Individuals who sign up for this training must attend all 3 sessions and complete the training in its entirety.

There is no charge for the training. This program is open to the campus community.

To register: email your name, department/academic program and cell phone number to Jennifer Treger, Community Health and Safety Specialist in the Vice President's Office of Student Affairs at jtreger@umbc.edu or call 410-455-3797. Space is limited. This program is sponsored by Student Affairs.

Bookstore Announcements

Upcoming Sales & Events

- Back-to-School Sale: 20% off UMBC clothing and logo items January 26-February 2. See website for details and exclusions (<http://bookstore.umbc.edu>).
- 25% off Black History literature and related titles February 1-28.
- Textbook Buyback: January 28-February 1. If your students didn't make it to fall buyback, let them know they have one more chance to sell their books for cash.

It's not too late to reserve Spring 2013 textbooks

Course material reservations are still being accepted via the UMBC Bookstore website (<http://bookstore.umbc.edu>). The Bookstore offers more money saving options than ever before. In addition to our industry leading inventory of used books, students may rent textbooks for up to 55% off the purchase price. Digital ebooks continue to be a convenient and less expensive way to obtain course materials. Most ebooks UMBC Bookstore sells are compatible with iPads as well as the latest Android tablets. Digital textbooks may be purchased online directly from the student's course materials page.

Helping Your Students Pay – The Easy Way

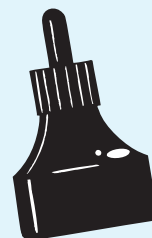
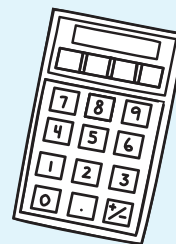
We know sometimes parents want to help their students out with books, food, and other college necessities. At UMBC parents have two easy options for facilitating these transactions.

1. Campus Card

Cash may be added to the student ID card and used most anywhere on campus including the UMBC Bookstore and dining locations. It's an easy way to purchase textbooks, school supplies, and materials. It's also a convenient way to pick up toiletries like soap, shampoo, toothpaste, and medicine from the Yum Shoppe. Students may grant their parents access to the Campus Card module from the Campus Card menu on MyUMBC (topic: Billing and Personal Finances). From there, parents are able to add funds from a credit card, view transaction history, and monitor activity.

2. Online Orders

The UMBC Bookstore website (<http://bookstore.umbc.edu>) accepts online orders for course materials and general merchandise 24/7, 365 days a year. Family members may place an order with their credit card (Visa, Master Card, Discover, American Express) and designate the student to pick up the order in the store. UMBC Bookstore also ships to anywhere in the USA. The student receives an embedded receipt so that any refunds may be automatically credited to the original card.





UMBC
AN HONORS UNIVERSITY IN MARYLAND

Important Dates For The 2012 - 2013 School Year

Fall Semester

Aug 28 ----- Classes Begin
 Sept 3 ----- Labor Day Holiday
 Oct 12 - 15 ----- Homecoming
 Nov 22 - 25 ----- Thanksgiving Break
 Dec 11 ----- Last Day of Classes
 Dec 12 ----- Study Day
 Dec 13 - 19 ----- Final Exams
 Dec 21 ----- Undergraduate Commencement

Spring Semester

Jan 28 ----- Classes Begin
 March 17 - 24 ----- Spring Break
 April (dates TBA) ----- Quadmania
 May 14 ----- Last Day of Classes
 May 15 ----- Study Day
 May 17 - 22 ----- Final Exams
 May 23 ----- Undergraduate Commencement

The Parents Newsletter is brought to you by :

The Office of the Vice President for Student Affairs, The Office of Institutional Advancement, and generous donations from families like you!

To make a donation go to umbc.edu/giving