Questions regarding the contents of this book or any other areas of the University should be directed to the following offices.

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<th>Office</th>
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<tr>
<td>General Information</td>
<td>654-1000</td>
<td>umw.edu</td>
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<tr>
<td>Academic Services</td>
<td>654-1010</td>
<td>academics.umw.edu/academicservices</td>
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<tr>
<td>Admissions</td>
<td>654-2000</td>
<td>admissions.umw.edu</td>
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<td>Athletics</td>
<td>654-1039</td>
<td>umweagles.com</td>
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<td>Bookstore</td>
<td>654-1017</td>
<td>umw.bncollege.com</td>
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<tr>
<td>Campus Recreation</td>
<td>654-1732</td>
<td>students.umw.edu/campusrec</td>
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<tr>
<td>Cashier’s Office</td>
<td>654-1251</td>
<td>adminfinance.umw.edu/cashier</td>
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<td>Center for Career and Professional Development (CCPD)</td>
<td>654-2272</td>
<td>academics.umw.edu/communityengagement</td>
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<tr>
<td>Center for International Education</td>
<td>654-1434</td>
<td>international.umw.edu</td>
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<tr>
<td>Dining Services</td>
<td>654-2169</td>
<td>umw.sodexomyway.com</td>
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<td>Disability Resources</td>
<td>654-1266</td>
<td>academics.umw.edu/disability</td>
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<td>EagleOne ID Center</td>
<td>654-1005</td>
<td>adminfinance.umw.edu/eagleone</td>
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<td>Emergency Management &amp; Safety</td>
<td>654-2108</td>
<td>adminfinance.umw.edu/safety</td>
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<td>Financial Aid</td>
<td>654-2468</td>
<td>umw.edu/financialaid</td>
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<td>Health Center</td>
<td>654-1040</td>
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<td>IT Help Desk</td>
<td>654-2255</td>
<td>technology.umw.edu/helpdesk</td>
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<td>Libraries</td>
<td>654-1125</td>
<td>libraries.umw.edu</td>
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<td>Multicultural Center</td>
<td>654-1044</td>
<td>students.umw.edu/multicultural</td>
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<td>Parking Services</td>
<td>654-1129</td>
<td>adminfinance.umw.edu/parking</td>
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<td>Post Office</td>
<td>654-1049</td>
<td>adminfinance.umw.edu/mail</td>
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<td>Registrar</td>
<td>654-1063</td>
<td>academcis.umw.edu/registrar</td>
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<td>Residence Life and Housing</td>
<td>654-1058</td>
<td>students.umw.edu/residencelife</td>
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<td>Student Accounts</td>
<td>654-1250</td>
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<td>Student Activities &amp; Engagement</td>
<td>654-1061</td>
<td>students.umw.edu/studentactivities</td>
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<td>Student Employment</td>
<td>654-2468</td>
<td>adminfinance.umw.edu/financialaid</td>
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<td>Study Skills</td>
<td>654-1010</td>
<td>academics.umw.edu/academciservices/academic-resources</td>
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<td>Talley Center for Counseling Services</td>
<td>654-1053</td>
<td>students.umw.edu/counseling</td>
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<tr>
<td>Transfer and Off-Campus Services</td>
<td>654-1659</td>
<td>students.umw.edu/commuters</td>
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<tr>
<td>Tutoring</td>
<td>654-1010</td>
<td>umwpertutoring.com</td>
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<tr>
<td>University Hotline</td>
<td>654-2424</td>
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<tr>
<td>University Police</td>
<td>654-1025</td>
<td>umw.edu/police</td>
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<tr>
<td>Emergency</td>
<td>4444</td>
<td>From Fredericksburg campus phones only (Area code 540)</td>
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<tr>
<td>Veterans Resource Center</td>
<td>654-5995</td>
<td>students.umw.edu/veterans</td>
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An electronic version of this list may be found in the Eagle Gateway portal on myUMW.

Websites and email addresses are listed in BLUE throughout this publication. Click to visit specific websites or email individuals.

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UNIVERSITY OF MARY WASHINGTON | FAMILY ESSENTIALS
WELCOME TO THE MARY WASHINGTON COMMUNITY!

At Mary Wash, relationships are the hallmark of the student experience. Since the COVID pandemic swept across the nation, we have been working to realize the power of UMW in the new environment. You and your student are joining a remarkable community that aspires to support thriving students along their journey to graduation, a life-changing transition that will build on the legacy of this great institution.

At UMW, faculty members teach, advise, and engage students in research across the academic disciplines; staff advisors mentor students and coach varsity athletic teams and sport clubs; and peers advocate for one another in and outside of class. You – mothers, fathers, siblings, aunts and uncles, guardians, and grandparents – are also an integral part of your college student’s support system.

Family Essentials provides basic information about the undergraduate student’s academic and co-curricular experiences. When your student calls you for support, we encourage you to refer them to the many resources described in this booklet, including the Academic Services Office and the Talley Center for Counseling Services. UMW also has a website for parents and other family members: umw.edu/parents.

We are ready to answer any questions or concerns you may have throughout the entire year. We also welcome your insights into improving the student experience. We look forward to working with you to ensure a successful journey for your Mary Washington Eagle.

Sincerely,

Juliette Landphair, Ph.D.
Vice President for Student Affairs
540-654-1062
jlandpha@umw.edu

Cedric Bernard Rucker
Dean of Student Life
540-654-1200
crucker@umw.edu
NEW STUDENT ARRIVAL & WELCOME

New Student Arrival and Welcome begins virtually prior to students’ physical arrival to campus and encompasses several programs to make the student transition to the University of Mary Washington seamless. After students and families say goodbye to one another on their designated move-in day, students will continue several days of the new student welcome experience. Our newest Eagles can expect to be introduced to the UMW campus with a variety of programs, social events, and opportunities for faculty and staff connection. They will learn what it means to be an Eagle, find out how to navigate campus, and, of course, have a lot of fun!

For more information visit orientation.umw.edu/new-student-arrival-welcome

GETTING TO THE ASSIGNED RESIDENCE HALL:

To Ball, Custis, Madison, Marshall, Russell, or Willard

From State Route 3: Turn left onto William Street (Route 3 East-Business) at the intersection of Route 3 and the Blue-Gray Parkway. This will be the sixth traffic light past I-95. Continue on William Street one block past College Avenue, then turn left at the next intersection onto Sunken Road.

From U.S. 1: Turn onto College Avenue at the traffic light by the Eagle Village Shopping Center. Continue to William Street and turn left. Continue one block and turn left at the next intersection onto Sunken Road.

To Marshall Hall or Russell Hall from Sunken Road: Make the first left into Marshall parking lot or the second left into Russell parking lot.

To Ball, Custis, Madison, or Willard Halls from Sunken Road: Follow Sunken Road to the University’s main rear gate. Turn left, then follow the road up the hill. At the top of the hill, University personnel will direct you to the correct parking area.

To Arrington Hall

From U.S. 1 North: Take the first right past College Avenue onto Alvey Drive

To Framar, Jefferson, Mason, Randolph, South, or Westmoreland Halls

From State Route 3: Turn left onto William Street (Route 3 East-Business) at the intersection of Route 3 and the Blue-Gray Parkway. This will be the sixth traffic light past I-95. Continue on William Street about one-half mile and turn left onto College Avenue.

From U.S. 1: At the traffic light by the Eagle Village Shopping Center, turn onto College Avenue.

To Mason, Jefferson, Randolph, Bushnell, or Westmoreland Halls from College Avenue: Proceed to the traffic light at the University’s main gate; turn onto Double Drive. University personnel will direct you from there.

To South Hall or Framar Hall from College Avenue via Route 3: From College Avenue, take an immediate right into Jefferson parking lot.

To South Hall or Framar Hall from College Avenue via U.S. 1: From College Avenue, proceed through the traffic light at Double Drive and take an immediate left into Jefferson parking lot.

To Eagle Landing

From U.S. 1: Turn into the Eagle Village Shopping Center. Take a right at the stop sign. Enter the parking deck for check-in at Eagle Landing.

MOVING-IN TIPS

- Keep your vehicle on paved areas only, unless UMW staff direct you to do otherwise. When your vehicle is empty, move it to designated long-term parking so others may move closer.

- August can be very warm. Dress appropriately.

Welcome, Eagles!
ACADEMICS AT UMW

University of Mary Washington students deeply value their academic experience. Upon starting at UMW, first-year students begin exploring numerous and varied course offerings across the liberal arts curriculum. By graduation, they embrace their disciplinary commitments as a key component of their identity.

New students will launch their first year at UMW by taking the following steps:

- Request that official copies of transcripts of any college transfer credit and official results of Advanced Placement (AP), International Baccalaureate (IB), Cambridge, College Level Examination Program (CLEP), and dual enrollment classes be sent to the UMW Office of the Registrar immediately. The UMW CEEB code is 5398.

- Check the Student and Financial Aid section in the Eagle Gateway Portal on myUMW to review their student records for any AP, IB, Cambridge, CLEP, dual enrollment, or college transfer credits that have been received and processed by the Office of the Registrar. If exam scores are missing, students should bring copies of test results to their June orientation session. Such information will help during your student’s advising meeting as they complete the registration process. Student Success Coordinators and faculty will be on hand to assist students throughout the registration process.

FIRST-YEAR STUDENTS:

Prior to orientation, all students should complete their first-year student questionnaire, which is sent by email. It is used to enroll your student in the First-Year Seminar and two additional courses. During orientation students will work with an advisor to review those courses and add at least two more courses to their schedule. Your student will also learn about UMW’s general education program and how to use the online course registration system.

TRANSFER STUDENTS:

After paying a deposit, your student should call Academic Services at 540-654-1010 to schedule an appointment—in person or by phone—with a student success coordinator. The coordinator will prepare your student to register for the first semester and help them understand UMW degree requirements and academic expectations.

Who is my student’s academic advisor?

FIRST-YEAR STUDENTS: Faculty and Academic Advisors from the Office of Academic Services will help your student complete their course schedule during their orientation session. A first-year seminar instructor will be your student’s academic advisor through the first year at UMW.

TRANSFER STUDENTS: An Academic Advisor from the Office of Academic Services will advise your transfer student as he or she transitions into Mary Washington. Until your student declares a major, he or she will remain assigned to that Academic Advisor but will be encouraged to consult the department chair of the major in which they are interested. Once a student declares a major, he or she is assigned to a faculty advisor in that academic department.

What courses are incoming students encouraged to take?

FIRST-YEAR STUDENTS: Our staff will have preregistered your student for a few courses based on the interests identified in the first-year student questionnaire. Beyond those courses, your student should explore other electives or general education requirements to complete their first semester schedule. The New Student Guide, hosted on the Academic Services website, offers some advice on choosing courses. We recommend that students register for no more than 16 credits during their first semester, keeping in mind they must also take a first-year seminar at this time. The Undergraduate Academic Catalog and your student’s academic advisor are the best resources as your student plans their course schedule. Student athletes should avoid scheduling classes during practice times.

TRANSFER STUDENTS: Transfer students will meet with and work closely with Academic Advisors from the Office of Academic Services to plan and begin registering for courses. Immediately following, transfer students often begin to work with the academic department of their major interest to ensure proper course selection and timely graduation.

When may students declare their majors? May students change their majors if needed at a later time? What about minors?

FIRST-YEAR STUDENTS: When they enter the University, new students are undeclared. Once a student completes the first year of study at UMW, they may declare a major by completing the Major Declaration Form. Students may always change their minds about the major they select. Please encourage your student to speak with their academic advisor before declaring or changing a previously declared major.

TRANSFER STUDENTS: Transfer students may declare a major after 28 earned credits—this includes work that is transferred. Many transfer students declare their major as soon as they arrive at Mary Washington while others will continue to explore majors for a semester or two. Students may always change their mind about the major they select and are encouraged to consult their Academic Advisors and academic department chairs as well as the Undergraduate Academic Catalogue about major options and selection.
Help! My student is struggling. Where on campus do I send my student for assistance with academic issues?

First and foremost, your student should always think of their academic advisor and/or professors as valuable resources. Every professor has office hours during which students may ask for assistance. These hours are listed on the course syllabus. Many options for Peer Tutoring and Peer Academic Consulting (PAC) are available through the Office of Academic Services in Lee Hall. The Writing Center offers help with writing projects for your student’s classes and beyond, the Speaking Center offers help with communication skills through videotaped practice presentations and feedback, and the Digital Knowledge Center provides assistance with a wide range of digital projects and assignments. These centers are in the Hurley Convergence Center.

When in doubt, please refer students to their resident assistant (RA) or to the Office of Academic Services (540-654-1010) in Lee Hall. These are great places for students to start if they have questions or need assistance.

I heard that students may take a class pass/fail. What does that mean?

Classes taken pass/fail earn credits when the student passes, but they affect the student’s GPA only if the student fails. Students may take any class pass/fail, but there are guidelines. All general education classes and major or minor requirements must be taken for a standard grade. The exceptions are some experiential learning classes. Students may take as many as eight pass/fail classes, but may take only one per semester. The deadline to switch a class from graded to pass/fail is the end of the ninth week of the semester.

What can my student do if they need to get out of a class once the semester starts?

There are three scenarios during a full semester, depending on the point in the semester:

During the first three weeks of the semester, students may drop a class and it is removed completely from their official academic record.

The fourth through the ninth week of the semester—the same as the timeline to switch a class to pass/fail—students may withdraw from an individual class. In this case, the student receives a grade of W on their transcript. This does not affect the student’s GPA.

Students receiving financial aid should check with the Office of Financial Aid to determine if the dropping of a class will have any effect on financial eligibility.

Until the last day of classes, a student may withdraw from the University. In this case, the student receives a grade of W for every course and there is no effect on the student’s GPA.

See the detailed academic calendar for Fall 2020 schedule.

What if my student needs to miss class due to illness?

If the student misses less than a week of classes, they should work with their instructors to make up missed assignments. If the student must be absent for more than a full week of classes, the student or parent may call the Office of Academic Services at 540-654-1010, and that office will contact the instructors as a courtesy. There are no “excused” absences at UMW. Make-up work is entirely at the discretion of the instructor and may require documentation.

Study skills and tutoring resources: The Office of Academic Services offers seminars and a series of workshops on topics such as note taking, time management, textbook reading, and other important study concerns. It also coordinates Peer Tutoring and Peer Academic Consulting (PAC) for students who need a refresher or extra help in their courses. Enter “Academic Services” in the UMW search engine or visit the tutoring website for more information.

What if my student wants to study abroad?

Visit the Center for International Education website for information.

What if I need to speak with someone about my student’s academics?

In compliance with the Family Educational Rights and Privacy Act of 1974 (FERPA), the Office of Academic Services will not and cannot discuss the details of your student’s academic standing without her or his written consent. This includes academic information including but not limited to mid-semester and final grade reports, academic enrollment and withdrawal, academic probation or suspension status as well as information concerning student conduct/disciplinary actions and their consequences including but not limited to fines and sanctions. Your student may choose to grant designated access of this information by signing the Student Consent for Release of Information form maintained by the Office of Academic Services. It is mandated that this form be signed in-person and in the presence of an Academic Services staff member.
STUDENT LIFE

Student life at the University of Mary Washington is vibrant and full of opportunities for engagement. At UMW, student experiences outside the classroom affirm educational research showing that co-curricular involvement correlates with a better, more satisfying college experience and with a higher likelihood of graduation. UMW offers hundreds of opportunities for involvement, including sports clubs, student government, social justice activism, and varsity athletics. At the start of every academic year, we offer Club Carnival, where hundreds of student organizations seek new members. We recognize that sometimes it is hard for a new student to approach clubs. If that is the case with your student, please encourage them to contact the Office of Student Activities and Engagement (SAE), where professionals can help them connect with co-curricular opportunities.

STUDENT ACTIVITIES AND ENGAGEMENT (SAE)

With more than 150 student organizations ranging from athletic clubs to video gaming meetings, students have an opportunity to engage with a wide array of extracurricular programs—more than 2,500 events and meetings happened at UMW last year alone. Getting involved in these activities is easy; the Office of Student Activities and Engagement (SAE) organizes club fairs, online portals, and leadership training so that your student can get involved here on campus.

CAMPUS DINING AND MEAL PLANS

Where may I get meal plan information?
Please pick up a meal plan brochure at any campus dining location or go to UMW.SodexoMyWay.com. Please note that all first-year residential students are required to purchase the Eagle Dining Plan. Off-campus students may purchase any available meal plans.

How do I purchase a meal plan?
Residential students will have meal plans assigned. They don’t need to do anything. Off-campus students can purchase a meal plan through the application on the housing portal.

Can meal plans be used off campus with UMW’s merchant partners?
No, meal plans may be used only in UMW Campus Dining facilities. However, merchant partners do accept EagleOne payments. EagleOne is a debit account that you can set up for your student. Contact the EagleOne Card Center for more information.

What types of dining services are available?
Resident Dining at the Top of the University Center – The Top of the UC offers American comfort foods and international cuisines, as well as burgers, pasta, pizza, sandwiches, salads and desserts. The buffets are unlimited, but in keeping with current health and safety guidelines, all items are served by our attendants.

Retail Dining – There are several campus retail locations where your student may purchase food items individually. These include Katora Cafe, Vocelli Pizza, Simply To Go Market, Bodacious Burgers, Panera Bread, and Hissho Sushi.

Are special diet options available?
Yes! The Top of the UC offers vegan, vegetarian, and gluten-free options, and allergen-free dishes (no nuts, gluten, soy, wheat, milk, eggs or shellfish) are served at the Simple Servings station. If your student needs to follow a special diet contact Rose Benedict, Campus Dining Marketing Manager, at 540-654-2169 or rbenedic@umw.edu, for assistance.

What safety protocols are used in Campus Dining?
Every member of the staff has received extensive and intensive training in food safety and social distancing. The team has phased safety protocols in place that enable quick and easy adaptations to changing circumstances and governmental guidelines. Details on these protocols are available at UMW.SodexoMyWay.com.

Where and how can I get menu information, ask questions, or express my views on dining?
Check out these great apps and other options
Bite View daily menus.
GrubHub Campus Order from your favorite on-campus dining eatery.
MyDxtxt Text your questions or comments to dining services
UMWFoodies Get alerts to specials or dining changes due to weather emergencies.
Comment Cards Posted in every dining location
E-mail Dining@UMW.edu
Web UMW.SodexoMyWay.com
Call Roy Platt, General Manager, 540-654-2230
Rose Benedict, Marketing Manager, 540-654-2169
My student has a conflict with their roommate or someone else in the campus community. How do I help them resolve it? Your student will certainly encounter other students who come from different backgrounds, family values, and expectations. Conflicts do happen, and that’s OK. Learning to resolve problems is a part of college life.

Parents are often the first to hear about roommate issues. They may get the raw, emotional account of a problem and hear things like “My roommate is the worst,” “No one here is willing to help me,” and “My roommate should have to move out.” Using some of these strategies, you can support them as they resolve conflicts on their own:

- Listen to your student and ask questions. Provide an opportunity for your student to work through the issue with appropriate challenge and support.
- Remind your student that there are many perspectives in a conflict. It is important to acknowledge that the other student may see the situation differently.
- Encourage your student to take a win-win approach rather than a win-lose approach.
- Do not contact the other student in the conflict. Leave the communication to your student with the assistance of Residence Life staff.
- Call us if you are unsure of how to help your student. Our staff will be happy to discuss University and departmental policy, procedures, philosophy, and typical courses of action for similar situations.
- Understand that Residence Life doesn’t force residents to move in most instances. Except in extreme circumstances, a conflict will not result in us moving your student’s roommate out of the room.
- If something illegal is going on in your student’s room, report it to UMW Police. We expect UMW students to obey the law, and law enforcement officials are the best people to handle conflicts involving illegal behavior.

If your student becomes frustrated, you can help them problem solve:

- Ask them if they are just venting or if they are looking for advice/action from you.
- Ask them to outline the facts. Facts are concrete and observable, not emotions. Challenge them to look at multiple perspectives surrounding the issue.
- Who have they spoken with? If they are having difficulty connecting with their RA, have they tried contacting their area coordinator or the Residence Life office?
- What strategies have been discussed?
- What are the next steps?
- What is the timeline for follow up?

There is an issue with my student’s room. What should my student do? Maintenance issues in the residence halls are managed through UMW’s Facilities Services. Students can submit a work order for routine maintenance concerns by filling out a work order at adminfinance.umw.edu/facilities/work-management. They should record the date of their work order request, the work order number, and the name of any UMW personnel they interact with.
I am worried about my student’s well-being. What should I do?
If you believe your student is experiencing an immediate threat to self or others, contact UMW Police at 540-654-1025. They will work with Residence Life staff, the Talley Center for Counseling Services, and other emergency resources to conduct a welfare check and get your student help. Police are available 24 hours a day, 365 days a year.

If there is no imminent threat but you would like to share observations and have someone check on your student, contact Residence Life at 540-654-1058 between 8 a.m. and 5 p.m., Monday through Friday. Depending on the information you provide, we will have either an RA or a professional staff member touch base with your student and offer appropriate resources.

Often, a Residence Life staff member can resolve a concern by checking in with your student and offering a listening ear. Our staff does many of these checks every year, and RAs also conduct routine checks. Residence Life has staff on call 24/7.

I need to share some upsetting news from home. Is there someone who can support my student while I tell them? At any time, you can contact UMW Police and request that an officer, a member of Residence Life, or a representative from the Talley Center be present with your student while you share unexpected news. It may be about a death, a divorce, significant illness, loss of a job, or something else. We can arrange for appropriate resources to help your student handle the news and ensure their well-being while at UMW.

Will I be notified if my student has an emergency? Students are asked to provide UMW with their emergency contact information. You and your student should discuss whom to list as the emergency contact. This is our only means for contacting you in the event of a serious emergency. Residence Life typically calls the emergency contact in the event of injuries, illnesses, or alcohol/drug-related incidents that result in a hospital transport. During this call, we will provide the name and phone number of the hospital and ask that you contact the hospital for more information.

There are even meal plans available only for off-campus students!
If students are on campus and don’t feel safe driving home, they may call Transfer and Off-Campus Student Services (540-654-1659) or UMW Police (540-654-1025), and we will arrange emergency overnight housing for them. Encourage your student to program these numbers into their phone now so they have them handy.

**Meal Plans**

Meals provide a great opportunity to bond with other people on campus, and meal plans offer a stress-free way to get food from campus vendors without paying sales tax. There are even meal plans available only for off-campus students! To enroll or browse meal plan options, visit students.umw.edu/residencelife/mealplan. Students can adjust plans starting in July and have until the end of the second week of classes to change their plan.

**Getting involved**

Students are most successful in college when they are involved outside the classroom. Encourage your student to make the most of the UMW experience by joining a club, going to a study session, or getting an on-campus job. Being an off-campus student might put your student a little farther from campus, but that doesn’t make them any less a part of this community. Encourage your student to check out the SAE weekly emails or log into their MyUMW account to keep updated on the on-campus activities, clubs, and events. Students may also follow the Office of Student Activities and Engagement on Twitter @SAEumw.

**Eagles On and Off Campus**

All Eagles are expected to act with integrity and honor, no matter their location. Students who live off campus should conduct themselves with the same honor and integrity as they do in the classroom. Remind your student that the UMW conduct system can hold them accountable for off-campus conduct. For more information, check out the Office of Student Conduct and Responsibility’s (OSCAR) website.

**Additional Resources**

The Talley Center for Counseling Services, the health center, the fitness center, and the library are free to all full-time degree-seeking students. Encourage your student to take advantage of them!
accommodations, students should submit documentation of disability barriers to create access for students with disabilities. To request accommodations and supports, and remove barriers to create access for students with disabilities. To request accommodations, students should submit documentation of disability until their completed form is turned in.

What if my student is sick at school? Encourage your student to call the SHC for an appointment. The Student Health Center is equipped to see students for most common illnesses seen on campus. Some examples include COVID-19, ear infection, Strep throat, urinary tract infection, sexually transmitted disease, conjunctivitis, and mononucleosis. There is a small pharmacy on site to provide some antibiotics. Your student’s visit at the SHC is free and a nominal fee is charged for on-site testing and medication given.

If my student has a chronic medical condition that might flare up, what can they do while in school? Please provide the SHC with a summary of the medical condition and ongoing treatment plans. Consider having your student schedule a get-acquainted visit with the SHC, so we can facilitate care and coordinate with a local specialist if needed. If the student’s medical condition is stable and is followed by a specialist back home, they would continue to do so. Anticipating the health needs of your student before they come to school can decrease everyone’s anxiety.

The Department of Campus Recreation

Campus Recreation provides members of the university community with opportunities to explore good health and exercise habits through the variety of programs available. Group fitness classes, outdoor recreation trips, intramural leagues, and sport clubs are just some of the activities Campus Rec offers to students of all backgrounds and interests. The fitness center, located at the Eagle Village end of Campus walk features a resistance training area on the first floor and a cardiovascular training area on the second floor. Campus Rec’s other recreational spaces include Gooolrick Hall and the Campus Rec field. Gooolrick Hall is home to two basketball courts, a pool, and dance studios while the Campus Rec field is home to many of our Eagle sport clubs and plays host to our outdoor intramural sports.

Office of Disability Resources

The Office of Disability Resources (ODR) works with faculty, staff, and students to provide accommodations, supports, and remove barriers to create access for students with disabilities. To request accommodations, students should submit documentation of disability along with the Disability Resources registration form to the Office of Disability Resources for review. Once review of this information is complete, the student will be contacted via their UMW email for next steps. For the disability registration form and information on how to register, please see academics.umw.edu/disability/how-to-register. To learn more about documentation guidelines, assistive technologies, services available, and frequently asked questions, please see academics.umw.edu/disability.

If the student needs accommodations in their residence hall, such as a wheelchair-accessible room or visual fire alarm, encourage them to complete the housing accommodations application at academics.umw.edu/disability/accommodations/housing-accommodations.

Multicultural Student Affairs

The University of Mary Washington continually and actively seeks a rich blend of cultural diversity in its faculty and staff, students, curriculum, and activities. The James Farmer Multicultural Center, named after the prominent civil rights leader who taught at UMW, specifically focuses on the academic and social well-being of underrepresented students through programming, mentoring, and leadership opportunities. The Center offers a variety of cultural programming including the highly respected Cultural Awareness Series. The series culminates with the spring Multicultural Fair, which attracts huge crowds to campus.

Spiritual Wellness Resources

As a public institution, the University of Mary Washington does not have a denominational affiliation. We know that religious traditions are important to many students and encourage students to explore the campus ministries and student organizations listed here:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jewish Student Assn./Hillel</td>
<td>Email: <a href="mailto:Jewishlife@umw.edu">Jewishlife@umw.edu</a></td>
</tr>
<tr>
<td>Center for Faith &amp; Leadership (a Virginia Baptist Collegiate Ministry)</td>
<td>Email: <a href="mailto:connect@umwcenter.org">connect@umwcenter.org</a> Web: umwbcm.org 540-371-3970</td>
</tr>
<tr>
<td>Campus Christian Community (Methodist, Presbyterian, Lutheran, Episcopal— but welcomes all faiths)</td>
<td>Email: <a href="mailto:info@Campuschristiancommunity.com">info@Campuschristiancommunity.com</a> Web: campuschristiancommunity.com 540-375-9255</td>
</tr>
<tr>
<td>The House: Episcopal Lutheran Campus Ministry</td>
<td>Email: <a href="mailto:connect@umwcenter.org">connect@umwcenter.org</a> Web: <a href="http://www.facebook.com/thehouseelcm">www.facebook.com/thehouseelcm</a> 540-373-5087</td>
</tr>
<tr>
<td>Catholic Campus Ministry</td>
<td>Email: <a href="mailto:info@Campuschristiancommunity.com">info@Campuschristiancommunity.com</a> Web: umwbcm.org 540-371-6746</td>
</tr>
<tr>
<td>Intervarsity Christian Fellowship</td>
<td>Email: <a href="mailto:ivmdub@gmail.com">ivmdub@gmail.com</a></td>
</tr>
<tr>
<td>Islamic Student Association</td>
<td>Email: <a href="mailto:isa.eagles@gmail.com">isa.eagles@gmail.com</a></td>
</tr>
</tbody>
</table>
CAMPUS PUBLIC SAFETY

Police Department

The police force serves 24 hours a day all year, including holidays and breaks. The UMW Police Department (UMW PD) is a full-service accredited law enforcement agency with a range of programs from Adopt-A-Hall, which offers crime prevention tips and personal security seminars, to free licensed Rape Aggression Defense (RAD) courses. The UMW PD also operates an on-campus safety escort in the evenings, and students may request a ride from outlying parking areas or an escort to their residence hall.

Emergency Management

The University of Mary Washington has an emergency management office. UMW has fire detection and alarm systems in all buildings. Smoke detectors are in the hallways, stairwells, and rooms of residence halls. Each hall has three fire drills each semester to ensure that everyone knows how to be safe during a fire emergency. Fire safety violations such as false alarms or tampering with fire extinguishers are taken very seriously and may result in suspension or loss of housing privileges in addition to responsibility for the cost of damages.

The emergency notification system, known as UMW Alerts, is not automatically assigned to you. Please make sure that you are signed up for this service so that you can receive up to date directions in the event of a campus emergency.

Rave Guardian

Please encourage your student to use the Rave Guardian safety app for cellphones. It is free and UMW specific and can be downloaded from the UMW site or from the Google app. Rave Guardian improves safety for students on campus by providing a higher level of communication with campus safety and with friends or family they designate as guardians. The app lets users set a safety timer session. When it’s active:

- Guardians in their virtual safety network can monitor the user’s status updates and location.
- Guardians are automatically notified at assigned check-in times.
- If the timer expires or the user initiates a panic call, Rave Guardian automatically notifies trusted safety resources.

Students can create a safety profile containing such details as residence and medical condition information that are automatically presented to campus safety officials during an emergency call.

SPORSTS

Division III Athletics

The University of Mary Washington sponsors 23 varsity sports and is a proud member of NCAA Division III. In addition, the Department of Athletics oversees the team sports of men’s and women’s rugby. In all, more than 500 student-athletes participate on our teams. Division III is the purest form of intercollegiate athletics, where the focus is academics first. As a result, retention and graduation rates for varsity student-athletes are higher than those of the overall student body. Leadership, teamwork, goal-setting, and overcoming adversity are taught every day on our fields, courts, pool and track.

Campus Recreation and Sport Clubs

Campus Recreation facilities can be found in and around Goolrick Hall and the fitness center, located at the Eagle Village end of Campus.

UMW sport clubs are student-run organizations that are open to all full-time University of Mary Washington students, regardless of skill level. The clubs are advised by the Department of Campus Recreation and are designed to provide recreational, instructional, and competitive opportunities for students. Whether recreational or competitive, there’s a UMW sport club for everyone. For the current listing of clubs, practices, and contacts, visit students.umw.edu/campusrec/sportclubs.

The intramural sports program at UMW allows students the opportunity to compete against their peers in a friendly and structured environment. Campus Recreation emphasizes spirited play, sportsmanship, and fun. Intramural sports are easy to join and easy to play. For more information visit students.umw.edu/campusrec/imsports.

Sport clubs are a great way to stay active and involved in the UMW community without the time commitment necessary for varsity athletics. Clubs are student-run, practice two or three times per week, and compete a minimum of three times per year.
RESOURCES FOR FAMILIES

FERPA
The Family Educational Rights and Privacy Act (FERPA) affords students certain rights with respect to their education records. The University will not permit access to, or the release of, educational records without the consent of the student or eligible parent or legal guardian to anyone other than those permitted by law. One exception that permits disclosure without consent is disclosure to school officials with legitimate educational interests. A school official has a legitimate educational interest if the official needs to review an education record in order to fulfill a professional responsibility. This office generally interprets “school official” to include professors; instructors; administrators; health staff; counselors; attorneys; clerical staff; trustees; and members of committees and disciplinary boards. Postsecondary institutions may also disclose personally identifiable information from education records, without consent, to appropriate parties, including parents of an eligible student, in connection with a health or safety emergency, even if the parents do not claim the student as a dependent.

View more information on FERPA and education records at academics.umw.edu/registrar.

NOTIFICATION OF PARENTS/GUARDIANS:
The dean of student life will, to the extent allowed by federal law, contact the parents or guardians of students who are found responsible (through the judicial process) for a drug policy violation, or when the student has accumulated two minor alcohol violations.

How can I access my student’s financial aid information? When a student enters college, their financial aid information is considered protected information under FERPA (Family Educational Rights and Privacy Act). However, a student can designate online access to allow a parent to view their financial aid award, requirement status, and final semester grades. The sign-up is available through myUMW’s Eagle Gateway. Instructions for delegated access sign-up are contained in the award letter guide that accompanied your award letter.

FINANCES
Financial Aid
For more information regarding the topics below, and other financial aid options, visit our website at umw.edu/financialaid.

The Financial Aid office is in Lee Hall (second floor) and is open 8 a.m. to 5 p.m. Monday through Friday.

How will my student be notified about their financial aid package? The Office of Financial Aid began sending the 2020-21 FAFSA Financial Aid Award letters in early December. Beginning May 1st, students will be notified via their UMW email account of new awards and adjustments to their financial aid award. If your student completed the 2020-21 FAFSA, but has not received an award letter, please feel free to please feel free to contact our office at 540-654-2468 or via email at finaid@umw.edu.

My student or I made a mistake on the FAFSA and have updated the information. Will this change my student’s financial aid eligibility? Possibly. Need-based financial aid is based on information in the FAFSA. An update can affect the amount of financial aid you receive. Also, if a financial aid representative finds that the FAFSA has incorrect information, they will correct that information, which could result in a change in financial aid eligibility. Any time a change is made to your student’s financial aid package, the student will be notified through their UMW email account.

What are the costs for 2020-21? Estimated costs for 2020-21 can be found online at umw.edu/studentaccounts. This information will be updated once new tuition and fee information is finalized in June.

How do I receive future updates or notifications about Financial Aid? The University of Mary Washington believes the most efficient way to communicate to students is through electronic means (e-mail and website) to provide required notifications. We encourage the student to consent to this form of communication, however this is a voluntary selection.

If the student prefers to receive financial aid notifications, including financial aid award letter, printed and mailed to their home address, they may opt out of electronic communications. For more information look at our website.

How do I apply for a federal Parent PLUS loan? Parents of dependent students can apply for this federal credit-based loan by completing the federal application at studentaid.gov and all associated requirements.
Typical semester bill dates:
- Fall semester: mid-July
- Spring semester: mid-November

Bills are typically due a few weeks after they are generated.

IMPORTANT PAYMENT POLICY
For details please visit the Student Accounts website adminfinance.umw.edu/studentaccounts.

Payment Options
Payment plans open:
- Fall semester: towards the end of May
- Spring semester: towards the end of October

EaglePAY -
- ACH: no fees
- Credit cards: subject to a service fee

Authorized Payer
Students are highly encouraged to sign up a parent and/or other family members as an Authorized Payer. Authorized Payers will receive an automated email notification with the login name informing them that they have been authorized. The student will provide the initial password to the authorized payer, which can be changed later. Each billing cycle, both the student and authorized payers will receive an email notifying them that the on-line bill can be viewed and paid. The email will include a link that takes them directly to the EaglePAY login page.

Encourage your student to sign up an authorized payer at adminfinance.umw.edu/studentaccounts/eaglepay.

Click on “Students” and enter UMW log-in information.
Click on “Authorize Payer.”
Click on “Add New.”

* In compliance with the Family Educational Rights and Privacy Act (FERPA), the Office of Student Accounts can only discuss account information with students and their authorized payers.*

Direct Deposit
Is your student expecting a refund from their student account or financial aid? Have your student sign up for direct deposit into their bank account! Students will receive an email when funds are transmitted, but keep in mind that it can take three to four business days from the time of transmittal and email for the funds to be deposited and available.
EagleOne Account

Students can add funds to an EagleOne account and track meal plan usage 24/7 at the EagleOne deposit portal, adminfinance.umw.edu/eagleone, or contact us for an appointment.

To register for direct deposit, your student will need to:
- Click on myUMW.
- Enter UMW log-in information.
- Click on Eagle Gateway, under “Featured.”
- Go to the navy blue “Finances” tab.
- Click on “Direct Deposit.”
- Enter bank information.

If you have additional questions about refunds or direct deposit, contact the Office of Student Accounts by email at umwbills@umw.edu or by phone at 540-654-1250. You can also contact Accounts Payable at payables@umw.edu or by phone at 540-654-1225.

EagleOne Card

The official UMW identification card is called the EagleOne card. Find more details about the EagleOne Card at adminfinance.umw.edu/eagleone or contact us at eagleone@umw.edu or 540-654-1005.

Students should carry their cards at all times to:
- Access residence halls, fitness center, labs, and campus events.
- Check out materials from Simpson Library. (A full list of Simpson Library’s offerings and services can be found on the extensive website at libraries.umw.edu.)
- Access your meal plan and flex dollars at campus dining venues.
- Use as a debit card at the UMW Bookstore, copy center, post office, health center, Klein Theater, on campus dining, and participating off campus merchants.
- Use EagleOne for vending on campus, drink and snack vending machines, and printing stations on campus.

GOOD TO KNOW….

UMW Bookstore

The Bookstore offers new, used, rental and digital textbooks in addition to classroom supplies, residence hall accessories, UMW spirit wear and more. To learn more about Barnes & Noble’s price-matching program for books visit umw.bncollege.com/shop/umw/home.

Contact us with your bookstore questions:
Phone: 540-654-1017
Email: sm8306@bncollege.com

UMW SPIRIT – “It’s a great day to be an Eagle!”

UMW colors are navy blue, gray, and white. The Eagle is our mascot. Important traditions include Honor Convocation, Eagle Gathering, Family Weekend, Homecoming, Junior Ring Week, Senior Countdown, Spring Formal, and Grad Ball.

Note: Except for BLS students, all residential and off-campus full-time degree-seeking undergraduate students receive official University communications and critical information in their assigned on-campus post office boxes. Official communications are also conveyed through myUMW and student email.

IT Support and Services

Having a computer is essential to a successful academic career. Check the New Student FAQ page (technology.umw.edu/new/students) for information on what kind of computer to bring, places to get discounts, and how to download your free copy of Microsoft Office. The IT Help Desk, 540-654-2255, is the place for your student to get assistance—getting accounts set up, password issues, or other IT problems.

Deliveries to Residential Students

Flowers
Parents or friends who wish to send flowers to a residential student should have them delivered to the Office of Residence Life (Marye House). The street address is: 1301 College Ave., Fredericksburg, Va. 22401. Staff members will notify the student, who can pick up the flowers from the office in Marye House. Delivery should be made Monday through Friday between 8 a.m. and 5 p.m. Florists will not deliver directly to the residence halls.

Packages
Packages are not delivered to residence halls. UPS, FedEx, and other services deliver directly to the campus post office. When a package arrives for a student, the campus post office will notify the recipient by email.

Bikes/bulky items are to be delivered with the student’s name to:
UMW Physical Plant
Attention: Central Storeroom
Hanover Street
Fredericksburg, Virginia, 22401

It is the student’s responsibility to arrange pickups from the storeroom by calling 540-654-5972.

Special-Occasion Delivery

The UMW Office of Alumni Relations has partnered with on-campus marketing and the campus post office to provide special-occasion baked goods and care packages for birthdays and final exams. Proceeds support a UMW Washington Scholarship. This is the only program endorsed by the University to provide care packages or exam “survival kits.” The unique delivery system allows you to include handwritten notes and ensures on-time notification and delivery. To learn more, visit umw.edu/parents.

Post Office

The campus post office is a full-service postal center. Each residential and off-campus student will be assigned a mailbox to be used for official mail from UMW and for personal mail, including packages and mail requiring a signature. They will keep the same mailbox as long as they reside on campus. Students at Eagle Landing will be assigned a box there. If they move off campus, they will be issued a new mailbox. Due to space limitations, each student shares an assigned mailbox.

Staying in Touch

UMW offers many opportunities for parents to stay connected. Learn more by visiting umw.edu/parents. Please ask your student to review or complete the Parent/Guardian Information Form available in myUMW. This form is also available online through myUMW.

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An overnight guest or frequent visitor must obtain a visitor pass from Parking Management in Lee Hall 201B, or the Eagle Landing front desk.

Mail and packages from home are always a fun surprise! To send your student mail, use the following format:

Student’s Full Legal Name
University of Mary Washington
UMW Box XXX
1701 College Ave.
Fredericksburg, VA 22401-4661

Eagle Landing residents will use the following format:

Student’s Full Legal Name
University of Mary Washington
Eagle Landing Box XXX
1701 College Ave.
Fredericksburg, VA 22401-4661

will ensure that you receive communications, including information about Family Weekend and other special events, as well as the UMW Magazine.

Parent Leadership Circle
The UMW Parent Leadership Circle is a group of active Mary Washington parents who provide outreach for the University. Members help inform fellow parents of the importance of supporting UMW, and they choose to support the University with an annual leadership-level gift. For more information, please contact the Office of Annual Giving at 540-654-2068 or umwgift@umw.edu.

Travel Options
Getting to and from home, and around Fredericksburg.

FRED - Fredericksburg Regional Transit
The FRED, a local minibus, has a bus stop next to GW Hall and travels to downtown, Central Park, and Spotsylvania County. EAGLE EXPRESS operates on Friday and Saturday with later hours for university students. It is FREE to students who show their EagleOne card. For more information call 540-372-1222 or visit the website at ridefred.com.

Greyhound Bus
The station is two blocks from campus. For more information call 540-372-2103 or visit the website at locations.greyhound.com/bus-stations/us/virginia/fredericksburg/bus-station-330594.

Amtrak
The Amtrak station is in downtown Fredericksburg. For more information, contact 800-872-7245 or visit amtrak.com.

Airports

Visitor Parking
When visiting your student during the academic year, please use the visitor spaces near George Washington Hall or Level 4 of the Ailey Drive parking deck. An overnight guest or frequent visitor must obtain a visitor pass from Parking Management in Lee Hall 201B, or the Eagle Landing front desk. After office hours, the visitor pass can be obtained from UMW Police, Brent Hall. Vehicle information will be required. For additional parking information see adminfinance.umw.edu/parking or contact the Parking Management office at 540-654-1129.
Eagle Landing front desk.
in Lee Hall 201B, or the Parking Management office to obtain a visitor pass from UMW Police, Brent Hall. Vehicle information will be required. For additional parking information see https://admissions.umw.edu/parking or contact the Parking Management office at 540-372-1222.

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Travel Options


Getting to and from home, and around Fredericksburg.

When visiting your student during the academic year, please use the drive parking deck. An overnight guest or frequent visitor must obtain visitor spaces near George Washington Hall or Level 4 of the Alvey House parking deck.

Information on how to get around campus is available online or from the University office of Annual Giving.

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UMW Fredericksburg Campus

1301 College Avenue, Fredericksburg, VA 22401 • 540-555-1000 • www.umw.edu
WHERE DO YOU THINK BEST?