Academic Planner for Student Success 2018-2019

UMass Amherst

The Commonwealth's Flagship Campus

UMass Welcome

Welcome to the University of Massachusetts Amherst!

As you begin your journey toward your undergraduate degree, you will find many outstanding opportunities to become active and engaged members of the UMass Amherst community. We have created this planner as a resource to help you navigate your choices and organize your time here.

How to Get The Most Out of This Planner

In your first week of school:

- Enter your class schedule on the "Week at a Glance" grid on page 5.
- Complete the grids in "Planning and Tracking Your Work" on pages 6-7.
- Read through the Table of Contents and notice the variety of topics covered in the planner.
- Read through the pages in the front of the planner (pages 8-31). The information is intended to help you prepare for a strong start to your semester. Although you might not need all the information right away, it will be good to know what is there so you can refer back when questions arise. You will find a combination of explanations, suggestions, activities and resources.

At the start of each new month:

- Read the "monthly resource pages" - those are right before each monthly calendar page. These pages include information that is relevant to the specific times in the semester. Each monthly page includes reference information, reflection prompts and suggested activities. Reading these pages as each new month begins will help you stay informed about important requirements and opportunities.

Throughout the year:

- Look back through the pages and try out some of the suggested activities. Your Peer Mentor, first year seminar instructor, and/or advisor may talk with you about certain pages they identify as particularly interesting for you throughout the year.
- Feel free to stop by the front desk of Undergraduate Student Success in Goodell Building (just to the left inside the front door) if you have any questions or would like assistance. We are always happy to see you!

We at the University of Massachusetts Amherst are committed to your success, and we are glad you have joined this community. Take advantage of the tremendous opportunities that are available to you over the next four years and enjoy your academic journey.

Best of luck as you begin the 2018-2019 academic year!

Undergraduate Student Success
UMass Amherst 511 Goodell Building
413-577-6767 studentsuccess@umass.edu

Student Name: _____

Student contact information: _____

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2018-2019 Academic Calendar

FALL 2018	
First day of classes	Tuesday September 4
Last day to add or drop any class with no record - Undergraduate, Graduate, Stockbridge, CPE	Monday September 17
Holiday - Columbus Day	Monday October 8
Monday class schedule will be followed	Tuesday October 9
Last day to Drop with "DR" – Graduate	Tuesday October 30
Last day to Drop with ‘W’ and select 'P/F' - Undergraduate, Stockbridge, CPE Ugrad	Tuesday October 30
Registration begins for Spring 2019	Monday November 5
Holiday – Veterans’ Day	Monday November 12
Monday class schedule will be followed	Wednesday November 14
Thanksgiving recess begins	Sunday November 18
Classes resume	Monday November 26
Last day of classes	Wednesday December 12
Reading Day	Thursday December 13
Final examinations begin	Friday December 14
Reading Day	Saturday December 15
Last day of final examinations	Thursday December 20
Snow day for exams, semester ends	Friday December 21
Final grades due by Noon	Wednesday January 2
Number of class meetings: MTuWThF: 13	
WINTER 2018/2019	
First day of classes	Wednesday December 26
Last day to add/drop	Friday December 28
Holiday Break starts	Monday December 31
Classes resume	Wednesday January 2
Last day to drop with "W" (Ugrad) or “DR” (Grad)	Wednesday January 9
Last day of classes	Saturday January 19
Final grades due	Wednesday January 23

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2018-2019 Academic Calendar

SPRING 2019	
First day of classes	Tuesday January 22
Last day to add or drop any class with no record - Undergraduate, Graduate, Stockbridge, CPE	Monday February 4
Holiday - Presidents' Day	Monday February 18
Monday class schedule will be followed	Tuesday February 19
Spring recess begins	Sunday March 10
Classes resume	Monday March18
Last day to Drop with "DR" – Graduate (including CPE)	Tuesday March 19
Last day to Drop with 'W' and select 'P/F' - Undergraduate, Stockbridge, CPE Ugrad	Tuesday March 19
Registration begins for Fall 2019	Monday April 1
Holiday - Patriot's Day	Monday April 15
Monday class schedule will be followed	Wednesday April 17
Last day of classes	Wednesday May 1
Reading Day	Thursday May 2
Final examinations begin	Friday May 3
Reading Day	Saturday May 4
Last day of final examinations, semester ends	Thursday May 9
Graduate and Undergraduate Commencements	Friday May 10
Stockbridge Commencement	Saturday May 11
Final grades due by Midnight	Tuesday May 14
Number of class meetings: MTuWThF: 13	
SUMMER 2019	
First day of classes	Monday May 20
Last day to add/drop	Friday May 24
Holiday – Memorial Day	Monday May 27
Last day to drop with "W" or "DR"	Wednesday June 12
Holiday – Independence Day	Thursday July 4
Last day of classes	Friday August 16
Final grades due	Wednesday August 21

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Getting Started

What will a typical week look like this semester? Use the "Week at a Glance" template (opposite page) to block out, organize, and visualize what a typical week might look like for you.

What should I include on my weekly calendar?

- Be sure to block out the obligations that must happen:

Classes	Study Time	Leisure Time, Hobbies
Work Hours	Sleep	Time for Health & Wellness

- Add in the obligations that are flexible.
- Use this template as a foundation to build upon and plan around for subsequent weeks.
- Consider color coding your calendar based on categories.
- As time passes, review the calendar and reflect on how you have been spending your time. Have you been successfully following your schedule? If not, consider why and make changes as needed.

Helpful Online Tools & Apps for Time Management

Use an online time-management and scheduling calendar service. **Google Calendar** *https://calendar.google.com/* **Outlook Calendar** *https://outlook.office365.com/*	Avoid distractions and stay focused with online timer tools to track your work - available on both browsers and as apps. **Focus Booster** *https://www.focusboosterapp.com/* **Toggl** *https://toggl.com/*
Organize information, make notes, and create to-do lists. **Evernote** | *https://evernote.com/* **Trello** | *https://trello.com/* **MyStudyLife** | *mystudylife.com*	Earn rewards for staying off your phone to increase productivity. **PocketPoints** *https://pocketpoints.com/*

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Week at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:50	8:30-9:45	8:00-8:50	8:30-9:45	8:00-8:50
9:05-9:55		9:05-9:55		9:05-9:55
	10:00-11:15		10:00-11:15	
10:10-11:00		10:10-11:00		10:10-11:00
11:15-12:05	11:30-12:45	11:15-12:05	11:30-12:45	11:15-12:05
12:20-1:10		12:20-1:10		12:20-1:10
	1:00-2:15		1:00-2:15	
1:25-2:15		1:25-2:15		1:25-2:15
2:30-3:45	2:30-3:45	2:30-3:45	2:30-3:45	2:30-3:45
4:00-5:15	4:00-5:15	4:00-5:15	4:00-5:15	4:00-5:15
5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45

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Planning and Tracking Your Work

What will the work load look like? Use your syllabi to help you visualize and organize chronologically when quizzes, tests, essay, homework, and other assignments are due in each of your courses.

Step 1: Use your syllabi to fill out the following grids.

Step 2: Look at the 'Due Date' column for each grid. Add these items (quiz, test, etc) to the calendar pages in the planner.

Course_____ # of Credits _____

✓	Description (quiz, test, essay, homework)	Due Date	% Value/ Points	Predicted Grade	Grade
				FINAL GRADE	

Course_____ # of Credits _____

✓	Description (quiz, test, essay, homework)	Due Date	% Value/ Points	Predicted Grade	Grade
				FINAL GRADE	

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Planning and Tracking Your Work

Course_____ # of Credits _____

✓	Description (quiz, test, essay, homework)	Due Date	% Value/ Points	Predicted Grade	Grade
				FINAL GRADE	

Course_____ # of Credits _____

✓	Description (quiz, test, essay, homework)	Due Date	% Value/ Points	Predicted Grade	Grade
				FINAL GRADE	

Step 3: Carefully review your academic load and how you will be evaluated in your courses. See your advisor prior to add/drop on September 17 with any questions or concerns about your ability to be successful with this course load.

Step 4: Look at the rhythm of your semester. Which weeks or months seem to be the busiest (i.e.: more than one exam or combo of exams & papers)? When are the “down times” in the semester? What can you do during the down times to help you manage the busy times?

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Academic Big Picture

Graduation Requirements include three primary categories:

University Requirements: Every UMass undergraduate must complete these requirements.

School or College Requirements: There are 10 different schools and colleges within UMass. Every major falls under one of them. Each school or college has its own set of requirements (foreign language, global education).

Major requirements: Each major has its own combination of required courses and GPA requirements.

Your academic advisor will help you navigate all levels of requirements. Learn how to track your progress through Spire. Being aware of which requirements have been met and which remain will help you stay on schedule to graduate on time. Your Peer Mentor can show you the process on Spire.

Options beyond your major:

Students are encouraged to explore the possibility of minors, double majors and/or certificate programs. You can find a comprehensive list of all the options at **www.umass.edu/gateway/academics/undergraduate**

Investigate the information on the websites and schedule a conversation with an academic advisor to learn more.

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General Education

More than Just a Checklist!

General Education (Gen Ed) requirements are an opportunity for you to gain the experiences, knowledge, and skills necessary to become a well-educated, successful, and valuable contributor to our global community.

Be intentional and make the most of all your educational opportunities! Rather than thinking of Gen Ed courses as a list of things to check off, use them as an opportunity to push your boundaries and enrich your education with courses outside your major.

Through these courses, you'll be able to broaden your perspective, improve critical and analytical thinking, increase awareness of technology, and acquire the skills necessary to discover, interpret, and effectively communicate knowledge as informed citizens of our global community. These skills will be invaluable to you – not only during your time in college – but across your career and lifetime.

TRY THIS:

1. Ask friends to tell you about Gen Ed courses they are taking and create a list of courses you will consider for a future semester.
2. Keep a journal of how what you are learning in your Gen Ed classes may connect to your major and/or career goals. (This will help you be prepared when you are asked to do this in your Integrative Experience class in your junior or senior year!)

Diversity Requirement

There is a new Diversity Gen Ed for Fall 2018! All incoming first year students will enroll in a Gen Ed which holds either a DU (United States Diversity) or a DG (Global Diversity) designation during their first year on campus. The purpose of the Diversity requirement is to broaden students' exposure to ways of thinking about how to understand diverse perspectives and more effectively interact with people from different cultures and backgrounds. In the Diversity courses, students will have an opportunity to explore and address a variety of questions that reflect multiple cultural perspectives to help them develop a more complex understanding of the world.

More information at **www.umass.edu/gened/**

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Academic Advising

Academic advising is designed to support your success at UMass through academic planning, connection to opportunities and resources, and your path to graduation.

TALK TO ACADEMIC ADVISORS ABOUT

- Your transition to UMass
- Creating an academic plan for next semester or year
- Planning short and long-term goals
- Classes and academic questions
- Degree requirements and academic policies
- Campus resources and opportunities to get involved

YOUR ROLE IN ADVISING

- Get to know your advisors by scheduling and keeping appointments
- Communicate often and regularly
- Work with your advisor to develop short and long-term goals
- Utilize your advisor when faced with challenge or difficulty – no matter how small, be proactive and don't wait for issues to build
- Stay informed on key dates, academic deadlines, academic policies and degree requirements
- Be familiar with the Academic Regulations (see page 17)

See pages 12-13 for more on why and how to work with academic advisors! You will also find advising office locations and contact information on page 13.

Work with the academic and career advisors in your assigned college/school, even if you are in an Exploratory Track.

Career advisors can assist you with skills and interest assessments to help you with career ideas, building resumes and cover letters, internship and job search strategies, interview preparation, and networking and connecting with potential employers.

See pages 20-21 for more information about Career Services and contact information for the various career center offices.

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Academic Advising

WHO IS YOUR ADVISOR?

Connect with your academic advisor and/or advising center by using the contact information available in SPIRE. Log into Spire (spire.umass.edu). On the right side of your Spire Student Center, review the section titled "Primary Advisor".

Many colleges also have Peer Advisors available to meet with students.

OTHER ADVISORS YOU MAY WORK WITH

Depending on what experiences you would like to pursue during your time at UMass, you may also work with advisors from a variety of other offices and departments.

Interest/Affiliation	Office to visit (contact information on p. xxx)
Studying in a different state or country	Domestic Exchange or International Programs Office p. 13 and 31
Commonwealth Honors College	CHC Advising p. 13
A minor or certificate program	Various Academic Advising Offices p. 13
Service Learning	Civic Engagement & Service Learning p. 31
Internship	Career Services p. 21
Research opportunity	Office of Undergraduate Research & Studies p. 31
Student Athletes on Varsity Rosters	Office of Academic Success p. 31
Cultural Connections	CMASS: Center for Multicultural Advancement and Student Success p. 23

Consider what you might like to get more information about and the best place to go for the answers.

Interests you would like to pursue	Which office should you visit?
1.	1.
2.	2.

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Preparing for Appointments

Preparing for appointments helps you maximize your meeting time.

In General…

Arrive with questions!
Bring any documents or materials relevant to the topic.
Plan to be an active participant in the conversation.
Add the appointment to your calendar/planner and set a reminder.
Confirm the location in advance to ensure you arrive on time.

Academic Advising Appointments

Bring a checklist of what you'd like to discuss. Consider which classes you are interested in taking in the next semester. Review your Spire Student Center for any holds (note that some may stop you from registering for future classes).

Career Appointments

Consider what you might like to talk with a career advisor about. If you would like help with your resume, bring a draft of what you have already written. If you are interested in learning about internships, consider a few types of careers you might be interested in and plan to discuss. Bring a list of interests and hobbies. Consider how these relate to your career.

Professor Appointments or Office Hours

To get a question answered:

- Determine whether your question/concern would be best addressed via email, office hours or an appointment
- Read over the syllabus to see if your professor has any specific requests related to asking questions and utilizing office hours.
- Plan to make an appointment if you are not available when office hours occur.

To prepare for the meeting:

- Monitor your class progress by reviewing past grades received.
- Plan to talk with your professor about any areas of challenge.
- Bring the assignments or homework you would like to discuss.

Learning Resource Center Tutoring

Bring your textbook and course materials. Review notes, assignments, and readings to develop a list of questions to discuss. Consider which topics or problems have been difficult.

TASK: Try it now! Plan for an upcoming appointment.

Appointment Type	
Date, Time & Location	
Meeting With (Name)	
Things I Need to Bring	
Questions to Ask	

Refer to the information on p.15 for suggestions on writing a polite email.

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Advising Offices and Contact Information

All college advising websites and contact information can be found at:
http://umass.edu/advising

College Advising Offices

Bachelor's Degree with Individual Concentration
BDIC Advising
230 Commonwealth Honors college
413.545.2504

College of Education
Undergraduate Advising
W114 Furcolo
413.545.2231

College of Engineering
Office of Student Affairs
126 Marston Hall
413.545.2231

College of Humanities & Fine Arts
HFA Advising & Career Center
E-202 South College
413.545.6152

College of Information & Computer Sciences
Undergraduate Advising Center (ACE)
LGRC Lowrise A243
413.545.4822

College of Natural Sciences
CNS Advising Center
220 Morrill II
413.545.1969

College of Nursing
Undergraduate Advising
132 Skinner Hall
413.545.5179

College of Social & Behavioral Sciences
SBS Advising Resource Center (The ARC)
128 Thompson Hall
413.577.1057

Isenberg School of Management
Undergraduate Programs Office
Isenberg 206
413.545.5610

School of Public Health & Health Sciences
Undergraduate Advising
129 Arnold House
413.545.6883, acaddean@umass.edu

Other Advising Offices

Commonwealth Honors College
Bloom Honors Advising Center
201 Commonwealth Honors College
413.545.2483

International Programs Office
70 Butterfield Terrace
413.545.2710

Domestic Exchange
511 Goodell
413.577.6767

Academic Success (Athletics)
251 Boyden Building
413.545.4379

Who's Who?

College Advising Office

Each college has an advising office. Not sure where to start?
Start with the college advising office.

Major Advising

You also have an advisor through your major.

Experiential, Career & Program Specific

You may also be connected with other advisors who can assist you in connecting with experiences or additional programs.

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Relationships: Faculty and Advisors

TAKE INITATIVE AND BE RESPONSIVE

Not only will you be emailing your instructors or advisors, but you may also be contacted by them for a variety of reasons. You might be contacted by your instructor about opportunities for involvement on a research project, concern regarding your academic progress, or about important course information. Your advisor might reach out to check-in or set up an appointment to further support your success.

Always respond back ASAP.

FACULTY REFERRALS

Some of your instructors may partner with your academic advisors and Student Success to assist you in better understanding course material which can aid you on your path to success. Throughout the semester, your instructor may communicate with Student Success & academic advisors regarding your progress in the course.

If you are contacted, please consider scheduling appointments such as tutoring or academic advising and talk with your professor. Reach out to your faculty via email and plan to visit their office hours. Please know that referrals are not punitive and are meant to assist you in connecting with resources at UMass. Please email studentsuccess@umass.edu if you have any questions or need assistance connecting with resources.

Consider the many ways to utilize office hours

- Ask for clarification of comments written on returned work.
- Share study materials before an exam to be sure you are studying the right material.
- Ask a professor to review a draft of your paper before it is due.

Who Will I See?	What Will I Ask?

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Communication and Connection

Developing professional relationships with your professors, advisors, and other individuals on campus will set you up for success in college. It's up to you to seek out these connections! Making sure you communicate with civility and respect is essential to effectively conveying your message.

EMAILING YOUR PROFESSOR AND ADVISORS

Always use your UMass email for communication with faculty and advisors. And, check it regularly!

Use the following tips to help you get started sending appropriate e-mails to faculty, staff, and advisors.

For the opener, try using:

- Professor: Dear/Hi Professor **(Last Name)**,
- Advisor: Hi Mr./Ms./Mrs. **(Last Name)**,

In the body of the email, include:

- A brief, clear description of the reason for your e-mail (ex. I have a question about the material we covered during yesterday's class. I'd like to clarify to make sure I understand.).
- Course information: Reference the name/number of the course in question (ex. BIO 101) and the course meeting day/time (ex. Thursday 9:15am) – professors may teach multiple courses; it is important to provide identifying information.

Do:	Don't:
✓ Check that you have included a short explanation of the reason for the e-mail in the 'Subject' line (ex. Question about exam) ✓ Use "I" statements ✓ Always check to see if the answer to your question is in the syllabus or assignment instructions first ✓ Respect academic writing conventions as if this were a paper	⊘ Write in all caps (ex. URGENT – PLEASE RESPOND) – this is the computer equivalent of shouting and is not considered polite ⊘ Use emoticons (ex. ☺) ⊘ Use abbreviated speech or incorrect spelling (ex. pls can u help me)

For the closer, try using:

- Thank you,
- Best wishes,

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Academic Honesty

It is critical that all students understand and follow the Honesty Policy.

University of Massachusetts Amherst's **Academic Honesty Policy** applies to all undergraduate and graduate students, instructors, and other instructional staff participating in academic classes, programs, and research projects offered by the University. Learn more about the policy at umass.edu/honesty

GOOD PRACTICES

Read your syllabi carefully to understand all of the course requirements. Ask for clarification if you have questions or concerns about an assignment.

Be sure you understand what acceptable collaboration is **and** what is not. Always cite the source when using the words or ideas of others. Do your own work - and protect it! Don't share or post course work or materials online.

WHAT IS ACADEMIC DISHONESTY?

Academic Dishonesty includes but is not limited to:

- Presenting someone else's words or ideas as your own
- Using the same work in two courses without the consent of both instructors
- Purchasing, downloading, copying material
- Signing in for another student or copying from another person during an exam
- Collaborating when you have been instructed to work independently

Where do I go if I have questions?	
The University Ombuds Office provides support for students in discussing options, navigating situations and assistance with informal mediation.	The Academic Honesty Office is responsible for implementing the policy and processes. Talk with the Academic Honesty Office if you have questions about the procedures and process.
University Ombuds Office 823 Campus Center 413-545-0867 ombuds@ombuds.umass.edu	**Academic Honesty Office** 511 Goodell 413-577-6767 honesty@umass.edu

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Academic Regulations

Academic Regulations is an annual publication of the Office of the Provost. All undergraduate students are responsible for complying with the rules, regulations, policies, and procedures contained in this publication as well as those in other official University publications and announcements which may be issued from time to time. The Academic Regulations are issued annually at or near the beginning of the fall semester.

Find it online at: **www.umass.edu/registrar/**

KEY POLICIES TO BE FAMILIAR WITH RELATED TO ACADEMIC ADVISING

A description of key policies is outlined below. For the specific rules and regulation related to the policies below, please review the Academic Regulations where the details are provided.

Registration - Add/Drop & Withdraw Period

During add/drop periods, students may add or remove courses from their schedule. Courses dropped during this time will not be reflected on the transcript.

During the withdraw period, which follows add/drop, students may withdraw from a course with an instructor's signature. However, because the add/drop period has passed, the course will be recorded as a "W" on the student's transcript. Work with your academic advisor to select courses that create a balanced schedule to avoid having multiple (more than 3 "W") on your transcript.

Late Withdrawal

After the mid semester date, students are expected to complete all courses for the semester. However, in situations of extenuating circumstances, a student's undergraduate academic dean is able to grant a late withdrawal when the situation warrants.

Pass/Fail

Some courses are eligible to be taken for pass/fail credit. In this case, instead of receiving a letter grade (A – F), a student receives either a "P" for pass or "F" for fail. If a failing grade is earned ("F"), the "F" is calculated into the GPA. Not all courses are eligible to be taken pass/fail. Some majors prohibit using pass/fail to fulfill degree requirements. If you are considering taking a course for pass/fail credit, talk with your academic advisor first.

Academic Status

Our hope is for all students to succeed academically. Academic status provides an indication to students when they are not meeting the academic expectations of the university. In order to continue as a UMass Amherst student you must achieve a 2.0 or higher GPA. The Academic Status information in the Academic Regulations outlines what happens when students do not meet the academic expectations: warning, probation, suspension, and dismissal.

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Keeping Track of Your Progress

It is important to understand the meaning and process of Grade Point Average calculations.

Grade	Factor
A	4.000
A-	3.700
B+	3.300
B	3.000
B-	2.700
C+	2.300
C	2.000
C-	1.700
D+	1.300
D	1.000
F	0.000
INC	0.000 (Incomplete calculates as an F until grade is received)

Other grade symbols not included in quality point calculations:

AUD	Audit
P	Pass (added to graduation credits)
W	Withdrawn

Key Terms & Definitions

Factor: A numerical value assigned to each grade

Credit: A numerical value indicating the number of hours assigned to each class per week

Quality Points: The quality of achievement in a course, shaped in a numerical format. For example, a grade of B+ in a four credit course would carry more quality points compared to a grade of B+ in a one credit course. Points are also commonly known as 'quality points'.

Cumulative GPA: This is total average of your UMass Amherst grades in all semesters combined.

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How to Calculate Your Grade Point Average

Follow these steps to know your GPA:

1. Fill in the Number of Credits column with the number of credits you received for each grade.
2. Calculate the Quality Points for each grade by multiplying the number of credits by the corresponding factor.

GRADE	NUMBER OF CREDITS		FACTOR		(QUALITY) POINTS
A	_____	X	4.00	=	_____
A-	_____	X	3.70	=	_____
B+	_____	X	3.30	=	_____
B	_____	X	3.00	=	_____
B-	_____	X	2.70	=	_____
C+	_____	X	2.30	=	_____
C	_____	X	2.00	=	_____
C-	_____	X	1.70	=	_____
D+	_____	X	1.30	=	_____
D	_____	X	1.00	=	_____
F	_____	X	0.00	=	_____
TOTALS:	_____				_____
	CREDITS				**QTY PTS**

3. Calculate the Totals. Add all values in the Number of Credits column to get your Total Credits, and add all values in the (Quality) Points column to get your Total Quality Points.
4. Divide total quality points by total credits, and the result is the grade point average (GPA). See below.

$$\frac{\textbf{QTY PTS}}{\textbf{CREDITS}} = \textbf{YOUR GPA} = _____$$

How to Calculate Your CUMULATIVE Grade Point

Add your quality points for all semesters you have been at UMass. Calculate the total number of credits attempted for all semesters. Divide your total quality points for all semesters by your total credit numbers for all semesters.

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Connecting to Careers

One of the many reasons you came to college is to eventually get a great job that will provide the quality of life you desire. We have many resources here at UMass that will assist you in your pathway for career success, as you come to define it. Here are a few tips to consider now:

It's not too early to begin: Most students need to explore by researching, meeting people in fields of interest and testing out careers by working in part time jobs, internships and research assistantships to assess if you are on track. If you start early, you will have more time to explore.

Employers consider skills and experiences to be very important.

- **Get involved on campus to build skills**. Having activities on a resume demonstrates transferrable skills such as teamwork, problem solving, time management, multi-tasking, leadership, and initiative. You should get involved in clubs, extra-curricular activities, intramural sports, volunteer projects…anything in addition to classes.
- **Internships!** In today's competitive job market employers want to see that you have the ability to transfer skills to the work place, and internships are a great way to prove that. Many are paid, and for those that aren't, there are UMass scholarships available to help offset the cost. Try to do as many internships as you can, and you will be well positioned for employers to hire you or to gain acceptance into the graduate or professional program of your choice.
- **Engage in academic opportunities** such as Five-College Interchange, Domestic Exchange and/or Study Abroad.

Career advisors can help you.

There are all kinds of career events on campus and we recommend that you go, before you actually need to. Bring a friend if you need motivation; just get your foot in the door, so you will see how they work. Many employers have internships for students as well as jobs, so start early and investigate.

Understand that most majors do not have a straight line to career success. Many majors can lead to a variety of career paths. When you start meeting alumni and recruiters, you will be surprised by what their majors were!

**Career planning resources at UMass are campus-wide.
We have several career centers to help students
in their pathways for career success.**

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Career Centers and Contact Information

COLLEGE CAREER CENTERS

Career Centers offer a range of services such as: interests and skill assessments, resume and cover letter help, internship and job search strategies, online job and internship databases, individual advising appointments, walk-in services, interviewing practice, LinkedIn workshops and employer events such as: career fairs, networking events, information sessions, panels, shadowing programs and on-campus interviewing programs. To make a career advising appointment, contact your Career Center below.

Central Career Services
www.umass.edu/careers/
BDIC, Education, Nursing, and UWW students. The office assists students earn credits for internships. Location: Student Success,
511 Goodell, 413.577.6767,
careerservices@umass.edu

College of Engineering
www.engineering.umass.edu/careers
Location: 112 Marston, 413.545.4558,
coecareers@engin.umass.edu

College of Humanities and Fine Arts
www.umass.edu/hfa/careers
Location: E202 South College,
413.545.6152, **advising@hfa.edu**

College of Information and Computer Sciences www.cics.umass.edu/careerdevelopment Location:
Lederle Graduate Research Lowrise,
413.545.4822, **cicscareers@cics.umass.edu**

College of Natural Sciences
www.cns.umass.edu/advising/cns-career-center
Location: 215 Morrill III

College of Nursing www.umass.edu/nursing/student-resources/advising
Skinner Hall

College of Social and Behavioral Sciences www.umass.edu/sbs/advisingsbs/career-advising Location:
Thompson Hall

Isenberg School of Management
https://www.isenberg.umass.edu/centers/chasecareer-center Chase Career Center, 413.545.3628

School of Public Health & Health Sciences www.umass.edu/sphhs/careers Location: Arnold House,
413.545.6264

Job Boards

Use these job boards to search for job and internship postings. Employers are uploading new opportunities often, so be sure to check back frequently.

UMass Amherst Student Job Board (by Financial Aid) lists work study and non-work study jobs on or near campus at:
www.umass.edu/umfa/seo/umass-amherst-student-job-board

UMass Handshake uses cutting edge technology to help students connect easily with employers and search for internships and full-time jobs, employer information and career events. Log in with your Net ID and password at:
umass.joinhandshake.com

IsenbergWorks lists internships, jobs and on campus recruiting events for Isenberg majors:
www.isenberg.umass.edu/centers/chase-career-center

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Identit(y/ies) and Communit(y/ies)

Our identities are complex and can change based on our experiences moving through this world, especially in coming to college.

You are now part of a new UMass community, which includes many smaller communities within. Some are based on happenstance, like the community you build with your floor-mates, while others are sought out based on a specific identity, like the Stonewall Center for LGBTQ+ students and their allies.

There are more identity-based communities listed to the right, and plenty of non-identity based communities to join listed throughout this planner.

Task: Reflect on the community that you already have and the community that you hope to create. Enter your various communities on the web below.

Here are some potential types of communities to get you started:

Major/Exploratory Track	Residence hall floor	Sports Team
Religious/Spiritual group	Friends from home	RAP
Cultural group	Family	Identity group

Anyone that supports you or you feel solidarity with can be considered part of your community – and this will grow throughout your time here. Whether they are near or far, share a lot of commonalities or none at all, it all counts.

It's important to keep track of who you have in your "web," so you know who you can ask for advice, who might be experiencing similar challenges, or people you can connect with for a laugh on a gloomy day.

As time passes, think about ways you can strengthen your existing community and steps you can take to continue building your network.

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Identity and Community Based Campus Resources

Meeting People and Making Connections

There are a variety of identity based groups and centers for you to meet people and find support.

Center for Multicultural Advancement and Student Success (CMASS)
101 Wilder Hall | 413.545.2517 | **www.umass.edu/cmass**

Cultural Centers	
Josephine White Eagle Cultural Center (JWECC) Chadbourne Hall 413.545.4932 **jwecc@sacl.umass.edu**	**Malcolm X Cultural Center (MXCC)** Lower Level, Berkshire Dining Commons 413.545.3042 **mxcc@sacl.umass.edu**
Latinx American Cultural Center (LACC) 2nd Floor, Hampden Dining Commons 413.545.2073 **lacc@sacl.umass.edu**	**Yuri Kochiyama Cultural Center (YKCC)** Worcester Dining Commons 413.545.2228 **ykcc@sacl.umass.edu**

Center for Women and Community
New Africa House | 413.545.0883 | **cwc@umass.edu**

Women of Color Leadership Network
New Africa House | 413.545.0883 | **cwc@umass.edu**

The Men and Masculinities Center
120 Thoreau | 413.577.4636 | **masculinities@umass.edu**

Office of Religious and Spiritual Life
416 Student Union | 413.545.9642 | **orsl@umass.edu**

The Stonewall Center
Crampton Hall | 413.545.4824 | **stonewall@umass.edu**

Student Veterans Resource Center
19 Dickinson Hall | 413.545.0939| **veteranservices@sacl.umass.edu**

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It's More Than Just Academics

Success in college lies beyond just academics – it encompasses your cocurricular activities (what you do that is complementary to your coursework), your social life, and your personal health & wellness. It's making sure that you are taking care of yourself and recognizing when you need additional support.

Ways to Practice Self-Care include:

- Make time in your schedule for exercise. Visit the Rec Center for a good workout, fitness classes, running or walking on the track, swimming, or intramural sports.
- Pause during your day to sit quietly in a peaceful spot or take a couple of deep breaths.
- Get some help with managing anxiety. Join a support group or attend a drop in session with a counselor at the Center for Counseling and Psychological Health (CCPH).
- Try meditation at the Campus Center (see Office of Religious and Spiritual Life for more info) or yoga at the Rec Center.
- Download a mood or well-being app.
- Prioritize sleep and ensure that you are getting the appropriate amount that you need each night.
- Participate in one of the hundreds of groups within Student Activities and Involvement. Stop by the Student Union, email sorc@sacl.umass.edu, or start by browsing Campus Pulse website: https://umassamherst.campuslabs.com/engage/

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Health and Wellness Resources

Campus Recreation has a variety of facilities across campus. The Campus Recreational Center has group fitness classes (including Zumba, spin, Pilates, and yoga), gym equipment, a running/walking track, swimming, intramural sports, and a wellness center with a meditation corner. Weekly meditation classes are held at Campus Center. There are two pools on campus. There are also wellness programs at the Campus Rec Center and the Center for Health Promotion.

Campus Recreation	Center for Health Promotion
Multiple facilities www.umass.edu/campusrec/ 413.545.0022	3rd floor of University Health Services 413.577.5181

Need a mental get away? UMass Amherst has a number of nondenominational indoor and outdoor spaces suitable for contemplative practices, meditation, and relaxation.

Office of Religious and Spiritual Life	Contemplative Spaces
416 Student Union 413.545.9642 www.umass.edu/orsl/	Check out the following website for spaces around campus: www.umass.edu/studentlife/contemplative-spaces

University Health Services provides services to students and their spouses, domestic partners, and dependents. There are also services to help you stay well with acupuncture, nutrition services, tobacco cessation support, and travel medicine.

University Health Services
150 Infirmary Way
413.577.5101
In a health emergency always call 911

Center for Counseling and Psychological Health (CCPH) provides short term individual, couples and group psychotherapy, psychiatric medication consultation and treatment, psychological assessment (testing), behavioral medicine, and crisis intervention services.

Center for Counseling and Psychological Health
Bartlett Hall & 415 New Africa House
413.545.2337 or 413.545.0333

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Your Goal Setting Road Map

1. Create a goals list.

Take 5 minutes to write things **you want to accomplish** (by category) this semester. Include everything that comes to mind and be as specific as possible.

Academic Goals

-
-
-
-
-
-
-

Co Curricular Goals

-
-
-
-
-
-
-

Goals List

Today's Date:

Social Life Goals

-
-
-
-
-
-
-

Health and Wellness Goals

-
-
-
-
-
-
-

2. Prioritize the items.

Circle one item from each of the four sections that you want to prioritize. These will be the four goals that you will focus on first. Now you will break down each goal into steps that are specific, measurable, actionable, realistic, and timely.

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Your Goal Setting Road Map

3. Chart out your first goal.

Choose one of your goals from the previous page and use it to complete the exercise on the table below. Write down all the steps that you need to take or tasks you need to complete to get to your goal. The more specific that you can be, the better!

Goals:

Steps	How will you approach the step?	How will you measure progress on the step?	When do you think you can complete this step?	Notes/ Progress

4. Go deeper.

Identify a timeline by adding due dates for each of the tasks by estimating how long it will take to complete them. Think about: how much, how many, and by when.

5. Create a master plan.

First, look over the tasks and write a “1” next to the item that needs to be completed first. Add “2” to the second item. Do this until all the tasks are numbered.

Next, write these corresponding dates in your planner.

Stay in touch with it throughout the semester. Use these as checkpoints to keep you on task for meeting your goal.

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Getting Started: Create Your Budget

A budget is a tool to help you balance your expenses with your income. To ensure you don't spend more than you take in, a balanced budget is key.

1. Create a one-month estimated budget
2. Track a month of actual budget incomes
3. Track a month of actual budget expenses
4. Compare the two budgets (Estimated vs Actual)
5. Create an expected budget for the next 12 months
6. Begin to track and adjust as needed

Which type of budget will you try? ☐ Paper ☐ Electronic ☐ Phone App ☐ Other:

TASK: Try budgeting! Fill in the College Budget, Projected Budget column with how much money you think you are spending or want to be spending in each area. Then, track your spending to see how much you are actually spending in these areas.

Tips

- Learn about your loans – Track financial aid and loans at nslds.ed.gov
- Ways to save:
  - Student discounts – Doesn't hurt to ask!
  - Get paid to stay off your phone with apps like 'Pocket Points'
  - Check UMass IT for free and discounted software for students
  - Attend the New2U Tag Sale
- Beware of identity theft…Don't give out personal information
- Get SPIRE savvy…There's a 'Finances' tab – pay your bill, sign up for Excess Express, and much more.
- Find a job or work-study position: Check out the UMass Amherst Job Board at umass.edu/umfa/job-board

Connecting with Smart About Money (SAM)

We are here to help you be Smart About Money (SAM) and manage your financial life at college. Through events and student-to-student coaching, our goal is to help you make well informed financial decisions in your daily life so that you can begin building a stable financial future now. To learn more and connect with resources, go to **www.umass.edu/bursar/smart-about-money.**

Office of the Bursar	**Financial Aid Services**	**Smart About Money**
215 Whitmore Building	243 Whitmore Building	finlit@umass.edu
(413) 545-2368	(413) 545-0801	

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College Budget

Income		
		Income
Earnings (jobs, allowance, etc)		$
Financial Aid		$
Other: Gifts, Charity, etc		$
Tax Refunds		$
Bank account interest		$
Total Income		$

Expenses: Variable		
	Projected Budget	**Currently**
Food	$	$
Total Variable Expenses	$	$
Expenses: Fixed		
Car Payment	$	$
Phone/Internet/Cable Bill	$	$
Tuition & Fees	$	$
Misc. (Parking Pass, Organization Dues)	$	$
Total Fixed Expenses	$	$
Expenses: Periodic		
Doctor visits	$	$
Car Repairs	$	$
Textbooks	$	$
Personal Care	$	$
Total Periodic Expenses	$	$
Expenses: Discretionary		
Social (meals out, movies)	$	$
Shopping (clothes, electronics)	$	$
Other: Gifts, Charity, etc	$	$
Travel	$	$
Misc.	$	$
Total Discretionary Expenses	$	$
Total Expenses	$	$

Totals	**Projected Budget**	**Currently**
Total Income	$	$
Total Expenses	$	$
Total for Savings & Investing	$	$

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Resources In Your Residence Hall

WHO?

Resident Assistant (RA)

Your RA is an undergraduate student staff member who lives in your residence hall for the purposes of providing support and building a strong community. Your RA has been trained with a number of skills, including community building and offering 1:1 support through Individual Interactions. Throughout the course of the academic year, your RA will also coordinate special events and activities created especially for first-year students.

Please see your RA if you:

- just want to say hello and introduce yourself
- are experiencing a personal or community crisis
- would like to be more informed about different on-campus resources
- are struggling with your roommate
- are interested in getting more involved in the community

Peer Mentor (PM)

Your PM is also an undergraduate student staff member who lives in your residence hall. Your PM is focused on providing academic support to first-year students. By offering 1:1 academic mentoring, facilitating academics-related workshops and events, and staffing your cluster's Residential Academic Success Center, your PM is an ideal resource for learning how best to succeed academically while you are at UMass. Please see your PM if you:

- would like to learn academic success skills, such as note-taking, connecting to faculty members, and improving your approach to time management
- want to hear about academic support resources that campus has to offer, such as the Learning Resource Center and the Writing Center
- would like clarity on processes such as a checking grades on SPIRE, course selection, and applying to live in a living-learning community
- are interested in long-term career planning, including goal-setting and connecting to helpful offices and other resources

WHAT?

Residential Academic Success Center (RASC)

The RASC is an office space within each first-year building cluster where students will find academic support. Each RASC is staffed by PMs who live in the cluster. In the RASC, PMs frequently host academics-related workshops and events, provide 1:1 academic mentoring, and create an environment where students can study and de-stress. RASCs are typically open five nights a week. To find out the open hours and location of your RASC, see your PM!

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More Opportunities and Resources

Here are even more opportunities and resources to support your success!

Civic Engagement & Service-Learning (CESL)
Opportunities to connect classroom experiences with meaningful work on campus and in the local communities. Learn about your identity. Take courses and/or earn a certificate. 611 Goodell Building

Disability Services
Learn about accommodations & student rights for all kinds of disabilities. Fill out an intake form online to begin the process.
161 Whitmore 413.545.0892

Domestic Exchange
Study for a semester or year within the US, Guam, the US Virgin Islands, and/or Puerto Rico. Over 170 programs offered through the National Student Exchange (NSE) Attend an info session 511 Goodell Building

DuBois Library
Learn about all the services available for you.
www.library.umass.edu/getstarted

Education Abroad: International Programs Office (IPO)
Explore the options for travel: semester, year, or summer.
70 Butterfield Terrace 413.545.6264

UMass Athletics Academic Success
Academic success services for recruited athletes. 290 Boyden Gym 413.545.4379

Financial Aid Services
Explore your financial options for your time at UMass. Drop-in advising also at CMASS, IPO and DuBois Library, and video tutorials online.
243 Whitmore 413.545.0892

Five College Interchange
Enroll in courses at Smith, Amherst, Hampshire, and Mount Holyoke Colleges! Visit the 5-College website:www.umass.edu/fivecollegeinterchange/
511 Goodell Building

Learning Resource Center (LRC)
Free drop-in tutoring for over 200 courses Sun—Thurs 1-10 PM. Group support also available. 10th floor Du Bois Library 413.545.5334

Office of Undergraduate Research and Studies (OURS)
Find research and scholarly opportunities
on and off campus, for any semester or summer session. Available for all undergraduate students in all majors.
10th floor Du Bois Library

Writing Center
Free 1:1 in-person or online assistance at any stage of the writing process! Register online to make appointment. Lower level Du Bois Library 413.577.1293

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Embracing Change & Transition

Welcome to UMass! Starting college is a time full of excitement and new possibilities, but we also know that changes and transitions can be challenging. There might be bumps along the way but remember that there is a community rooting for you and available to offer support. As you begin this journey, remember that this experience is yours. You create what the next four years will bring and you decide what your UMass experience will encompass. Set your intentions today. It all starts Day 1. How will **you** define your UMass experience?

Develop New Routines

Take some time to think about your goals (see pages 26 - 27) and break them down into smaller pieces each month. Use the boxes below. As the semester progresses, you can build in reflection on a regular basis (this will be a space for that).

Monthly Check-In		**This Month's Focus & Intentions**
What are new tasks you want to accomplish this month?	**Academic**	*Set a study schedule and explore places conducive to being productive with your time.*
Don't forget to prioritize time for these tasks and add them to your calendar pages.	**Co-Curricular/ Social**	*Look beyond your residence hall for making new friends – check out clubs and activities.*
Be sure to attend the **Common Read Author's Keynote Address** Monday, September 24th at 5:30PM in the Fine Arts Center	**Health & Wellness**	*Make sure your new routines include getting enough sleep, eating and getting exercise.*

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September

RESOURCE SPOTLIGHT

#40DaysofUMass

Get to know UMass during the #40DaysofUMass. Log on to **www.umass.edu/welcome** to see a complete listing of events and resources to help you find ways to connect to UMass! Be sure to check back daily for updated listings!

You will discover opportunities to learn more about: strategies for success on and off campus, spirit and pride at UMass, staying well physically and emotionally, ways to maintain a safe community, and much more!

TRY THIS

Get Connected for Safety

Sign up for UMass Alerts

Receive up-to-the-minute text messages in the event of a campus emergency. Login to SPIRE with your Net ID and password to sign up. You'll get messages about campus closures, safety, and more.

Share phone numbers

Enter your roommate and other new friends' contact information into your phone so you can get in touch if necessary when you are not together.

Living Well

Try to integrate at least 3 into your routine this month:

- Exercise
- Meditate/Breathe
- Journal/Write
- Connect with nature
- Visualize
- Cook/Eat a healthy meal
- Organize my space/Life
- Be with friends
- Let go/Forgive
- Sing/Make/Listen to music
- Create art
- Read for enjoyment
- Call or write a letter to family or friends
- Serve my community
- Find gratitude in my life
- Technology break
- Try something new

Advising Corner

Welcome to Fall 2018!

As you attend your classes during the first week, you may consider making changes to your schedule. See "Planning and Tracking Your Work" on pages 6 - 7 to help you with your decision. Before adding/dropping classes, make sure to check-in with your academic advisor to ensure the courses you are planning to take will keep you on the path to graduation. The last day to add classes and drop classes without any record on your transcript is Monday, September 17.

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Navigating Relationships

New professors, friends, roommates – there are so many people that are steadily becoming a part of your growing network. Healthy relationships require communication and work. While college is about academics and getting involved, it is all about the people that you meet as well. Be mindful of this new community of different identities and backgrounds. How do you share your story and reciprocally, learn from the stories of others? Be sure to take time to nurture these new relationships, but also your relationships prior to coming to college. Always remember to take a moment to thank those around you who have supported you towards this current moment.

Reflections on the Previous Month

What are some things to celebrate and/or try to repeat for this month?

Monthly Check-In		**This Month's Focus & Intentions**
What are your incomplete tasks or ongoing goals from last month?	**Academic**	***Attend the Majors Fair*** *on October 24th! 5:30 - 7:30 PM in the Mullins Center*
What are new tasks you want to accomplish this month?	**Co-Curricular/ Social**	
Don't forget to prioritize time for these tasks and add them to your planner.	**Health & Wellness**	

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October

Resource Spotlight

UMass Police Department **(UMPD)** has a free walking escort service. Walking teams of students with mobile radios are available for safe escort across campus every night from 7:00 p.m. - 3:00 a.m. during the academic semester for UMass students and visitors. Call (413) 545-2123 to make arrangements for a safety escort.

UMass Amherst is proud to participate in **Campus Sustainability Month** throughout October. Visit

www.umass.edu/sustainability

for more info.

Living Well

Try to integrate at least 3 into your routine this month:

- Exercise
- Meditate/Breathe
- Journal/Write
- Cook/Eat a healthy meal
- Organize my space/Life
- Be with friends
- Let go/Forgive
- Read for enjoyment
- Call or write a letter to family or friends
- Serve my community
- Technology break
- Try something new

Financial Check-In

Have you…

- ☐ Found your education bill?
- ☐ Waived unnecessary fees?
- ☐ Signed up for Excess Express?
- ☐ Learned who your loan provider is?
- ☐ Explored your options for banking?
- ☐ Liked UMass SAM on Facebook and asked questions?

Try This

Utilize support services

Feeling stressed? You're not alone! Occasional stress is a normal part of the college experience. The **Center for Counseling and Psychological Health (CCPH)** can help you manage stress through online or in-person therapy, support and therapy groups, and skills workshops. More info at **www.umass.edu/counseling**

Advising Corner

Have you been attending class? Remember, students are expected to attend all classes they are registered for, according to Academic Regulations. More than that, attending classes will help you to build professional relationships with your professors and to make connections with your peers. In courses where the grading criteria is clearly spelled out (check your syllabus), professors may lower a grade or even fail a student for poor attendance. If you have concerns about your attendance record, talk to your professor.

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Building Resiliency

With multiple exams and due dates looming on the horizon, you may begin to feel concerned. Be confident that you are capable of tackling all the challenges you are facing. Remember that you are not alone – many students feel the same and there are so many people that are here to provide various types of support. Never hesitate to ask for help!

Foster a growth mindset: learn, grow, and build strength from all experiences. Recognize that redirections and setbacks are all a part of the journey. Be kind to yourself and give yourself permission to make mistakes, just be sure that you are open to asking for and receiving assistance. It is all a learning process.

Reflections on the Previous Month

What are some things to celebrate and/or try to repeat for this month?

Monthly Check-In		**This Month's Focus & Intentions**
What are your incomplete tasks or ongoing goals from last month?	**Academic**	*Who might you go to for support?*
What are new tasks you want to accomplish this month?	**Co-Curricular/ Social**	
Don't forget to prioritize time for these tasks and add them to your planner.	**Health & Wellness**	*How can you get exercise even though the weather is turning colder?*

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November

Try This

Being a part of the UMass Amherst campus means actively caring for one another and the community. This means being an **active bystander** by taking action or getting help when needed, for someone else or for yourself.

3 D's of Active Bystandership
Direct: If you are comfortable, step in and interrupt a harmful situation by pointing out the problem and beginning a conversation about better alternatives.

Distract: If you aren't comfortable calling out a problematic behavior, try interrupting it by distracting and redirecting the people involved.

Delegate: You don't need to handle it alone! Ask for help for yourself or others. Talk with your Peer Mentor to learn more about this and the possibility of groups on campus you may want to get involved in that work on improving campus climate.

Living Well

Try to integrate at least 3 into your routine this month:

- Exercise
- Meditate/Breathe
- Journal/Write
- Connect with nature
- Visualize
- Cook/Eat a healthy meal
- Organize my space/Life
- Be with friends
- Let go/Forgive
- Sing/Make/Listen to music
- Create art
- Read for enjoyment
- Call or write a letter to family or friends
- Serve my community
- Find gratitude in my life
- Technology break
- Try something new

Advising Corner

Two months in and two months to go for the fall 2018 semester, and it is already time to start thinking about the spring. Have you connected with your advisor yet about your classes for next semester? Talk to your advisor about your academic experiences this semester and your plans for next semester. Registration for Spring 2019 classes begins on Monday, November 5. Check your Spire Student Center to see what day and time you can register for classes.

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Finishing Strong

With only a few weeks until winter break, make the most out of this time to finish the semester strong. Get organized. Make a plan for when, how and what you will study to finish all assignments and projects and to be well prepared for your final exams. Find a friend or a study group to help keep each other accountable. Take advantage of the rich variety of resources available on campus. Communicate with your instructors. Be sure to take care of yourself during this busy time: get enough sleep each night, eat well and take breaks.

Reflections on the Previous Month

What are some things to celebrate and/or try to repeat for this month?

Monthly Check-In		This Month's Focus & Intentions
What are your incomplete tasks or ongoing goals from last month?	**Academic**	*When will you study? What do you need to accomplish?*
What are new tasks you want to accomplish before the end of the semester?	**Co-Curricular/ Social**	*Plan some study breaks to do fun, healthy activities with friends.*
Don't forget to prioritize time for these tasks and add them to your planner.	**Health & Wellness**	*Remember that you need to take care of your physical and emotional self in order to do your best academically.*

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December

Resource Spotlight

The UMass Libraries contain **much** more than just books. At the Libraries, you can meet with subject expert librarians to find the best sources for your paper, print just about anything with the fifty 3D printers, and borrow laptops and a wide variety of multimedia equipment. Go to the site listed: **www.library.umass.edu/getstarted** to learn about all of the services available for you to be successful!

Living Well

Try to integrate at least 3 into your routine this month:

- Exercise
- Meditate/Breathe
- Journal/Write
- Let go/Forgive
- Sing/Make/Listen to music
- Read for enjoyment
- Call or write a letter to family or friends
- Technology break

Try This

Find ways to relieve stress.

Creative activities are a great way to relieve stress! UMass has a number of creative spaces on campus for experts and novices alike. For starters, check out the **Student Union Craft Center** or the **W.E.B. Du Bois Library Digital Media Lab!**

It's not too late to find a new activity / group. Take some time during break to investigate the over 200 registered student organizations (RSOs) listed in Campus Pulse. Come up with some new things to try when you return to campus in January!

Advising Corner

Final exams are right around the corner. How will you prepare? Have you checked your final exam schedule? **Make sure to write down the days and times of your exams in your planner.** It is university policy that if you have three final exams scheduled for the same day, one of the exams can be offered at a different time as long as you notify the professor of the conflict two weeks in advance. Written documentation of the final exam conflict must be provided by the Registrar's Office. See the Academic Regulations for more information.

Have You Considered…

...on campus job opportunities for the next fall semester such as applying to become a PM or an RA? Or special sophomore living opportunities? Look out for emails regarding these announcements!

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Readjusting & Starting Fresh

Every new semester holds the promise of growth, and that is worth celebrating. Prepare to keep up the momentum from last semester, or make the small changes that will lead you to where you want to be. Getting back to a routine is not always easy, but take a moment to set your intentions for this new semester and year. Prioritize your goals, and make a plan to see it come to fruition. Set your focus. Never let setbacks keep you from moving forward. Remember the community that you have, and don't be afraid to ask for support. It is all upwards and onwards from here. This new semester welcomes you.

Reflections on the Previous Month

What are some things to celebrate and/or try to repeat for this month?

Monthly Check-In	This Month's Focus & Intentions	
Preparing for a new semester: ***What are your incomplete tasks or ongoing goals from last semester?***	**Academic**	
What are new tasks you want to accomplish this semester?	**Co-Curricular/ Social**	
Don't forget to prioritize time for these tasks and add them to your planner.	**Health & Wellness**	

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Resource Spotlight

Campus Recreation

By positively reflecting the UMass community's interests and values, we actively promote and encourage a lifelong commitment to health and wellness. Campus Recreation's exceptional programs, services, and facilities offer students numerous ways to get involved, stay active, and be healthy and creative, while inspiring moments of happiness throughout the academic and calendar year. Please go to **UMass.edu/campusrec** for more information to get involved!

Advising Corner

Congratulations! You've completed your first semester at UMass Amherst. How did it go? Now that your first semester is complete, there may be a few things on your mind.

Change of Major

At this point in your first year you may be thinking about other major options. Changing majors is not uncommon. In fact, according to national statistics, 1 in 3 students change their major. The key to changing your major is to talk with an academic advisor early! Get all of the facts by asking critical questions such as - how will changing my major impact my time to graduation? Of the classes I've taken so far, will they satisfy degree requirements for the new major? The earlier you talk with an academic advisor, the better. Review the Academic Regulations to learn more about the change of major process and rules.

Academic Status

What's your academic standing after your first semester? Academic standing is based on your cumulative GPA. (See pages 18-19 for more information.) If your first semester did not go as planned, consider your options by talking with your academic advisor. If you are on academic warning or probation, there may be specific requirements you need to fulfill to remain in your degree program. The academic status process is a means for the university to let you know when your academic performance is not meeting the expectations. What does that mean? It means that your approach to academics and college last semester did not work out as well as hoped. It is time to make a change and try new things to support your academic success. Talk with your advisor about ways to start off the spring semester strong!

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Tending to the Winter Blues

Pay attention to how you are feeling. Know what recharges and reenergizes you – whether that's connecting with friends at dinner, trying something new, spending a night by yourself reading, or hitting the weights at the gym – make time for these activities. The shorter days and grey skies can be draining and challenging to manage. Take a moment to breathe. Focus on all the positives in your life and be mindful of how your thoughts are shaping your actions. Take care of yourself and take care of those around you as well. Warmer days are coming.

Reflections on the Previous Month

What are some things to celebrate and/or try to repeat for this month?

Monthly Check-In		This Month's Focus & Intentions
What are your incomplete tasks or ongoing goals from last month?	**Academic**	*Which professor's office hours are you going to attend?*
What are new tasks you want to accomplish this month?	**Co-Curricular/ Social**	*What are some activities your friends have done that sound interesting to you?*
Don't forget to prioritize time for these tasks and add them to your planner.	**Health & Wellness**	*What are some questions you could discuss with a Peer Wellness Coach?*

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February

Resource Spotlight

Have you considered talking to a **Peer Wellness Coach**?

A Peer Wellness Coach is a trained UMass undergraduate intern (not a therapist, mental health counselor, peer mentor, or advisor). They meet with undergraduate students one-on-one to support them in maintaining/improving their own wellness. Peer Wellness Coaches support students in setting goals, building on strengths, and increasing resiliency. Moreover, coaching is grounded in:

- the wellness model
- the empowerment model
- motivational interviewing
- positive psychology

Contact the Center for Health Promotion at 413.577.5181 for more information.

Living Well

- Exercise
- Meditate/Breathe
- Journal/Write
- Connect with nature
- Visualize
- Cook/Eat a healthy meal
- Organize my space/Life
- Be with friends
- Let go/Forgive
- Sing/Make/Listen to music
- Create art
- Read for enjoyment
- Call or write a letter to family or friends
- Serve my community
- Find gratitude in my life
- Technology break
- Try something new

Try This

Want to stay active during the winter months? Visit Campus Recreation a number of activities including fitness classes, open swim, and meditative activities. There are also a number of spaces across campus to sit quietly and clear your head. Visit the Campus Pond 'Isle of View', Durfee Conservatory, W.E.B. Du Bois Library Garden, or the meditative space in the Campus Recreation Wellness Center.

Advising Corner

It might be the beginning of the spring semester, but summer is just around the corner. What are your summer plans? Study Abroad? Internship? Research? Start making your summer plans now. Share your ideas with your academic advisor and connect with other resources on campus to help you get started.

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Exploring the Possibilities

Now is the time to begin action steps in developing your summer plans. Use this time to explore something different. Allow yourself to take a risk – not only this summer, but right now. Send that email to your professor about that research opportunity. Hit "submit" on the application for the internship you have been thinking about all semester. Take on a leadership position. Are you still defining your UMass experience the way you envisioned at the beginning of the year? Revisit the goals that you set earlier this semester and year. It's up to you to take that step forward.

Reflections on the Previous Month

What are some things to celebrate and/or try to repeat for this month?

Monthly Check-In		**This Month's Focus & Intentions**
What are your incomplete tasks or ongoing goals from last month?	**Academic**	*Which professor/s will you set a meeting with?*
What are new tasks you want to accomplish this month?	**Co-Curricular/ Social**	*Have you tried the ideas for engagement that you identified in the fall?*
Don't forget to prioritize time for these tasks and add them to your planner.	**Health & Wellness**	*What ways have you done to stay healthy in the cold months?*

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March

Resource Spotlight

Explore options that will enrich your education with an experience away from campus:

The **Domestic Exchange Program** transports you to new and exciting places that will transform your educational experience forever.

You can spend a semester or a year at one of over 180 participating colleges and universities across the country. UMass participates in the National Student Exchange Program (NSE) providing so many wonderful opportunities for students to live and study in all parts of our country.

Through the **International Programs Office**, students can choose from more than 70 campus-sponsored programs every year via study abroad. You can pursue your academic interests, learn a foreign language, and experience life in a different culture. Students choose from a variety of academic models (classes in English or the country language) and residential models (live in a dorm or apartment or with a host family).

Visit the Domestic Exchange Office or IPO to talk about your specific interests and get your questions answered.

Contact information on page 31.

Living Well

- Exercise
- Meditate/Breathe
- Journal/Write
- Connect with nature
- Visualize
- Cook/Eat a healthy meal
- Organize my space/Life
- Be with friends
- Let go/Forgive
- Sing/Make/Listen to music
- Create art
- Read for enjoyment
- Call or write a letter to family or friends
- Serve my community
- Find gratitude in my life
- Technology break
- Try something new

Advising Corner

Is it Spring Break yet? Before the break from classes, keep in mind that the last day to drop classes (with a “W” on your transcript) is Tuesday, March 19. If you are thinking about dropping a class, talk to your academic advisor before leaving for Spring Break. After the deadline, students are expected to complete all courses remaining on their schedule.

While you are on Spring Break consider investigating possibilities for the summer. Do some networking. Let people know what you are interested in. See if you can get some leads that might connect you to jobs, internships or research opportunities.

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Getting Ready for Next Year

It is almost the end of the academic year – can you believe it? Not only is it time to focus on finals and summer plans, but it is also time to look forward to next fall. With almost a year of college under your belt, what sort of experiences do you see yourself engaging with next year? It is never too early to start preparing and planning. Continue to find opportunities to build your network and further your engagement with the campus community. Think about your academic, co-curricular, and personal goals. Ease yourself into your second year by setting yourself up for success now.

Reflections on the Previous Month

What are some things to celebrate and/or try to repeat for this month?

Monthly Check-In		**This Month's Focus & Intentions**
What are your incomplete tasks or ongoing goals from last month?	**Academic**	*Are there any information sessions you might attend to learn about future opportunities?*
What are new tasks you want to accomplish this month?	**Co-Curricular/ Social**	*Can you find a meeting to attend with an RSO you might like to join in the fall?*
Don't forget to prioritize time for these tasks and add them to your planner.	**Health & Wellness**	*What new activity can you do now that the weather is getting warmer?*

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April

Resource Spotlight

UMass is a leader in campus sustainability. **Sustainability** is one of the core values of our UMass community; it is infused within our campus culture and our academics, and it is just part of the way we do things. Stay tuned for more information about events occurring throughout April and May. Check out the "Living Sustainably at UMass" Moodle to learn how YOU are a part of this mission, test your sustainability knowledge, and take the Living Sustainably at UMass pledge. For more information visit the website at: **www.umass.edu/living/learning/sustainably**

Living Well

- Exercise
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- Journal/Write
- Connect with nature
- Visualize
- Cook/Eat a healthy meal
- Organize my space/Life
- Be with friends
- Let go/Forgive
- Sing/Make/Listen to music
- Create art
- Read for enjoyment
- Call or write a letter to family or friends
- Serve my community
- Find gratitude in my life
- Technology break
- Try something new

Try This

Make an appointment with your Academic Advisor to help prepare you for course registration. Review your ARR (Academic Requirement Report) prior to your appointment. Remember that your Peer Mentor can help you with this process.

Advising Corner

Registration for Fall 2019 is no April Fool's joke. Beginning on April 1st, students can begin registering for classes. If you haven't already, talk with your academic advisor about the classes you plan to take and check your Spire Student Center for your registration day and time.

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Reflecting on the First Year

Congratulations! You have nearly arrived at the end of your first year. Although you may have doubted yourself or encountered bumps at times, you made it to this moment and you should be proud of that! Hang in there as you attend your last classes and complete your final projects and exams. Stay focused and manage your time well.

As you look back over the year, take a few moments to celebrate the memorable times and favorite moments (see below). Remind yourself to move through the next few weeks (and years) with the determination, compassion, curiosity, and resiliency that you have cultivated this year. Best of luck with the end of the year, have a wonderful and safe summer, and see you in the fall!

Final Reflection		This Month's Focus & Intentions
Look back over the year and make some notes to help you remember and appreciate all you have discovered and accomplished: *Places to study:* *Recreation Center activity:* *Place to get coffee/snacks:* *RSO to continue with:* *Fun things to do in town:* *Highlights from the year:*	**Academic**	*When will you study? What do you need to accomplish?*
	Co-Curricular/ Social	*Plan some study breaks to do fun, healthy activities with friends.*
	Health & Wellness	*Remember that you need to take care of your physical and emotional self in order to do your best academically.*

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Resource Spotlights

Here are some academic opportunities to consider for when you return in the fall:

Office of Undergraduate Research & Studies (OURS)

OURS helps students with all majors and levels of experience find research and scholarly opportunities on and off campus, throughout the year as well as during the summer. Students are supported in finding options, and preparing for and navigating the application process. Visit the website **www.umass.edu/ours** and fill out an OURS form to get started.

Civic Engagement & Service-Learning (CESL)

Service-Learning integrates service and learning where community engagement is infused into course content and course learning goals. Some opportunities for involvement include the Civic Engagement & Public Service Certificate, the Community Scholars Program, The Boltwood Project, IMPACT, Big Brothers Big Sisters, Civ-X/BDIC, and the foundations course SRVLRNG 293: Learning through Community Engagement.

www.umass.edu/cesl/

Try This

Set at least one goal for yourself this summer that will allow you to try something new or different. It can be anything from reading a new book, to traveling to somewhere you've never been before, to picking up a new hobby – anything that will allow you to learn something new. Set the intentions to make this summer both enjoyable and productive.

Advising Corner

One academic year down! How did it go? Talk with your academic advisor about your academic status, check-in on your goals and prepare for next year.

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UMassAmherst
GENERAL LOCATION CAMPUS MAP
NOVEMBER 2017
For the more detailed campus map, please visit: https://go.umass.edu/map
Robsham Memorial Visitors Center - (413) 545-0306
Map Key
0 500 1,000 Feet
Numbered Parking Lots
Metered/Public Parking
PVTA Bus Stops
Traffic Lights
Campus Boundaries
To Rt. 63N, North Village Apts, Agricultural Research Center
Wysocki House
Renaissance Center
Amherst Fire Department
TILLSON ROAD
UMass Police Department
To Tillson Farm & Intermediate Processing Facility (IPF)
To Mather, CO
OLYMPIA DRIVE
Furcolo
Montague House
NORTH RESIDENTIAL AREA
North C
North A
North D
North B
McNamara
Brown
Cashin
SYLVAN RESIDENTIAL AREA
NORTH PLEASANT STREET
EASTMAN LANE
Totman
Johnson
Dwight
Leach
Lewis
Hamlin
NORTHEAST RESIDENTIAL AREA
Arnold
Thatcher
Lyon
Crabtree
Knowlton
Worcester Dining
THATCHER ROAD
Observatory
GOVERNORS DRIVE
Computer Science
Engineering Lab
Astronomy
Engineering Lab 2
Duda
Gunness
Conte Polymer Research Center
LEDERLE GRADUATE RESEARCH CENTER
Physical Sciences Building Construction Site
Auxiliary Services Warehouse
PVTA Bus Garage
Robotics
Marston
Marcus
Forest & Parks Bldgs
Transit Facility
HOLDSWORTH WAY
Paige
Knowles
Goessmann
West Experiment Station
East Experiment Station
Holdsworth
PARKING OFFICE
Bowditch
Hatch
Stockbridge (Bowker Aud)
Draper
Bowditch Greenhouses
Agricultural Engineering
Chenoweth
Cold Storage
Flint Lab
Integrated Science Bldg
Life Science Lab.
Hasbrouck
LINCOLN CAMPUS CENTER (HOTEL)
Skinner
Integrative Learning Center
Physical Plant
Textbook Annex
PARKING GARAGE
STUDENT UNION
Lorden Field
Mullins Practice Rink
Central Heating Plant
Photo Lab
Machmer
Blaisdell
Thompson
George N. Parks
W.E.B. DU BOIS LIBRARY
South
STOCKBRIDGE RD
Morrill Science Center
Wilder
Durfee Conservatory & Garden
University Health Center
University Club
French
Brooks
Brett
INFIRMARY WAY
Chancellor's House
ORCHARD HILL DR.
Grayson
Dickinson
ORCHARD HILL RESIDENTIAL AREA
Webster
Field
Greenough
Baker
Van Meter
EAST PLEASANT

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UMassAmherst - General Location Campus Map - Building Index

Agricultural Engineering Bldgs.	B3
Alfond	C4
Alumni Stadium	A6
Apiary Building	D4
Army ROTC Bldg.	B5
Arnold	C2
Astronomy Bldg.	B2
Athletic Fields	A4
Auxiliary Services Warehouse	A2
Baker	D3
Bartlett	C4
Berkshire	B5
Berkshire Dining	B5
Birch	B4
Blaisdell	B3
Bowditch Hall	B3
Bowditch Lodge	A6
Bowditch Greenhouses	B3
Bowker Auditorium (Stockbridge)	B3
Boyden	B4
Brett	D3
Brooks	D3
Brown	D1
Butterfield	E4
Campus Center	C3
Campus Center Parking Garage	C4
Campus Pond	C3
Cance	B6
Cashin	D1
Central Heating Plant	A3
Central Residential Area	D3
Central Stores (Physical Plant)	B3
Chabad	C5
Chadbourne	E4
Champions Center	B4
Chancellor's House	D3
Chenoweth	B3
Clark	D4
Cold Storage Bldg.	B3
Comwlth Honors Res Complex	B4
Communications Disorders	D5
Computer Science Bldg.	B2
Conte Polymer Research Center	C2
Continuing Education	A5
Coolidge	B5
Crabtree	C2
Crampton	B5
Crotty Hall	D5
Design Building	D4
Dickinson Hall	B4
Dickinson House	D3
Draper	C3
Du Bois Library	C3
Duda	B2
Durfee Conservatory and Garden	D3
Dwight	C2
East Experiment Station	C3
Elm	B4
Emerson	B5
Engineering Laboratory	B2
Engineering Laboratory 2	B2
Farley Lodge	A6
Fernald	D4
Field	E3
Fine Arts Center	C4
Flint Laboratory	B3
Forest & Parks Buildings	A2
Franklin Dining	D4
Fraternities & Sororities	
ACO - Alpha Chi Omega	C5
CO - Chi Omega	E2
DU - Delta Upsilon	C2
IGU - Iota Gamma Upsilon	D5
KKG - Kappa Kappa Gamma	C5
PKP- Phi Kappa Phi	D5
PSK - Phi Sigma Kappa	D4
SDT - Sigma Delta Tau	D5
SK - Sigma Kappa	D5
SPE - Sigma Phi Epsilon	E2
TC - Theta Chi	D4
French	D3
Furcolo	C1
Garber Field	B4
George N. Parks Marching Band Bldg	B3-4
Goessmann	C3
Goodell	B4
Gordon	D5
Gorman	D4
Grass Roots Daycare	A6
Grayson	E3
Greenough	E3
Grinnell Arena	B4
Gunness Engineering	B2
Hadley Equestrian Farm	A5
Haigis Mall	C4
Hamlin	C2
Hampden Dining	B5
Hampshire Dining	C6
Hampshire	C5
Hasbrouck	C3
Hatch	B3
Health Center	D3
Herter	C4
Hicks Physical Education	C4
Hillel	D5
Hills	D4
Holdsworth	B3
Hotel	C3
Integrated Science Building	C3
Integrative Learning Center	C3
Intermed. Processing Fac. (IPF)	E1
Isenberg School of Management	C4
John Adams	B5
John Q. Adams	B5
James	B5
Johnson	C2
Kennedy	B5
Knowlton	C2
Knowles	B3
Leach	C2
Lederle Graduate Research Ctr.	C2
Lewis	D2
Library, Du Bois	C3
Life Science Lab	C-D3
Lincoln Apartments	C5
Lincoln Campus Center	C3
Linden	B4
Lorden Field (Baseball)	A3
Lyon	C2
Machmer	B3
MacKimmie	B5
Mahar Auditorium	C4
Maple	B4
Marcus	C2
Marston	B2
Mather	E2
McNamara	D1
Memorial Hall	C4
Melville	B5
Middlesex	C4
Mobile Classrooms	C2
Montague	C1
Moore	B5
Morrill Science Center	C3
Mullins Center	A3
Mullins Practice Rink	A3
Munson	C4
Munson Annex	C4
New Africa	D4
Newman Center	D4
North Residential Area	C1, C2
North Village Apartments	C1
Northeast Residential Area	C2
Oak	B4
Observatory	D2
Old Chapel	C4
Orchard Hill Residential Area	E3
Paige	B2
Parking Garage	B3
Parking Office	A3
Patterson	C7
Photo Laboratory	B3
Physical Plant	B3
Pierpont	B6
Police	E1
Prince	B5
PVTA Bus Garage	B2
Recreation Center	B4
Renaissance Center	E1
Research Administration	D4
Residence Hall Security (Dickinson)	B4
Robotics	B2
Robsham Visitors Center	C5
Rudd Field (Soccer)	A5
Shade Tree Laboratory	D3
Skinner	C3
Softball Complex	A5
South College	B3
Southwest Residential Area	B5
Stockbridge	B3
Student Union	C3
Studio Arts Building	D4
Sycamore	B4
Sylvan Residential Area	D2
Telecommunications Office	B6
Tennis Courts	A4
Textbook Annex	B3
Thatcher	D2
Thayer	B2
Thompson	B3
Thoreau	B5
Tillson Farm	E1
Tobin	B4
Totman	C2
Track and Field	A5
Transit Facility	B2
UMass Police Department	E1
University Club	D3
University Extension	B6
University Health Center	D3
University Outreach	B6
University Press (E. Exp. Station)	C3
University Without Walls	A5
Van Meter	E3
Visitors Center	C5
Washington	B6
Webster	E3
West Experiment Station	C2
Wheeler	D4
Whitmore Administration Bldg.	C4
Wilder	D3
Worcester Dining	C2
Wysocki	C1

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School Planner

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