



STUDENT LEARNING ENRICHMENT PLAN  
CAMPUS LIFE SERVICES | 2012-2013



UNIVERSITY *of* MARYLAND  
THE FOUNDING CAMPUS



# 2012-2013 Student Learning Enhancement Plan

An Academic Affairs Initiative for Interdisciplinary Student Engagement and Leadership

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### CONTEXT

A significant cultural shift has taken place in how graduate and professional institutions think about their learning missions. Since the publication of Barr and Tagg's seminal article "From Teaching to Learning" (1995), institutions have been encouraged by accreditors and others to shift from a focus on "delivering quality instruction" to "designing a climate most conducive to student learning." Numerous studies have examined what it means for an institution to be centered on learning in this way. All agree that a true "learning-centered" institution thinks first about what students need to learn, then organizes itself in ways designed to bring this about most effectively. As Tagg points out in his book (2003), "the mission of colleges and universities is to produce student learning. This end is primary; means are secondary and are to be judged by how well they achieve the end" (p. 31).

The literature on student learning is remarkably clear on what it takes to produce quality learning. Based primarily on two landmark works, by Pascarella and Terenzini's (1991) and Astin (1994), the Education Commission of the States (1996) produced a report detailing what these attributes of quality are, namely:

- "Quality begins with an organizational culture that values high expectations, and respect for diverse talents and learning styles"
- "A quality curriculum requires coherence in learning, synthesizing experiences, ongoing practice of learned skills, and integrating education and experience"
- "Quality instruction builds in active learning, assessment and prompt feedback, collaboration, adequate time on task, and out-of-class contact with faculty"

Tagg, in *The Learning Paradigm College* (2003), suggests that a "hot cognitive economy" leading to deep and substantial learning by students

- Emphasizes students' intrinsic goals
- Elicits a high level of student activity
- Has a high ratio of feedback to evaluation
- Has a long time horizon, thus promoting long-term investment
- Has a strong support community which encourages students to take risks, try new things, and persist
- Promotes institutional behavior that is consistent and aligned with the learning mission of the institution

## PURPOSE

During the summer of 2011, the Campus Life Services Leadership team developed this Learning Enrichment Program to encapsulate a significant portion of the co-curricular opportunities for graduate and professional students to augment their learning outcomes at the University of Maryland. Creating opportunities for student enrichment is a significant underpinning of this plan for two reasons:

- First and most important, research on student learning undertaken over the past fifty years, as reported by Pascarella and Terenzini (1991), is unequivocal in placing student engagement as the single most important factor leading to quality student learning. The more students are actively engaged in their learning, the better and deeper that learning will be
- Second, student engagement is a chronic challenge at most urban universities and in particular among busy graduate and professional students

## GOALS

1. Develop programs that achieve student learning outcomes
2. Foster collaboration between Student Affairs - Campus Life Services departments in program development
3. Develop a consistent and organized process for creating interdisciplinary student engagement and leadership programs
4. Tie student leadership and engagement planning to the Strategic Plan

## LEARNING OBJECTIVES

- Students will demonstrate an understanding for global citizenship through the appreciation and knowledge of social responsibility and cultural differences
- Students will interact and collaborate on an intra- and inter-personal level to develop professional competence (accurate self assessment, ability to work with others from varying backgrounds, emotional intelligence, etc.)
- Students will develop and/or enhance sense of civic responsibility through the routine participation in civic engagement/service learning
- Students will engage in activities that encourage wellness and work-life balance in order to promote personal and professional management
- Students will exhibit critical thinking skills in professional and academic decision making

## EDUCATIONAL SUPPORT AND DISABILITY SERVICES PROGRAMS

The Office of Educational Support and Disability Services (ESDS) works with students with all types of disabilities including physical, learning, sensory, psychological, and chronic and acute medical conditions. ESDS acts as an ombudsman and liaison to the University of Maryland schools for the identification and provision of reasonable accommodations that may include educational support services designed to assist qualified students with disabilities in achieving their academic goals. ESDS works with the administration of each school to achieve equal educational access for students.

The mission of the Office of Educational Support and Disability Services (ESDS) is to coordinate services that assist students with qualifying disabilities in obtaining all types of reasonable accommodations through an interactive process involving the student, ESDS, and the school. Reasonable accommodations are modifications or alterations intended to provide equal access or improve accessibility to physical, programmatic, and academic areas of the University.

ESDS approaches this mission in four ways:

1. We provide and coordinate services for students with disabilities. Services are tailored to meet the needs of individuals based on their specific disabilities through an interactive process between the student and ESDS.
2. We educate and provide consultation to University faculty, staff, and administrators in order to increase their awareness and sensitivity to individuals with disabilities.
3. We provide support services for students with disabilities including educational programs, academic coaching, and counseling.
4. We provide students with disabilities the opportunity to gain the skills necessary to effectively advocate for themselves within the University community.

### Meet and Greet Disability Services

Thursday, Sept. 6, 2012  
Noon - 2 p.m. | SMC CC 353

Ever wonder if you qualify for a disability and accommodations? Do you have questions about the process and how services may benefit you? Join the staff of the Office of Educational Support and Disabilities Services to answer any lingering questions.

### Time Management and Goal Setting

Monday, Sept. 24, 2012  
1 - 2 p.m. | SMC CC 351

Start your semester on the right foot! This interactive workshop guides students through personalized goal setting and scheduling in order to maximize productivity throughout the semester. Students will leave the workshop with a strategic plan to create their own work-life balance.

Introduction to  
Coaching Services

Tuesday, Oct. 9, 2012  
Noon - 1 p.m. | SMC CC 351

Campus Life Services offers individual coaching services to all students. Find out what coaching is and how it may serve you during your time at UM.

ADA Workshop:  
Students Rights and  
Responsibilities

Monday, Oct. 29, 2012  
Noon - 1 p.m. | SMC CC 353

Receive an update regarding current ADA laws and higher education. Learn about your rights as a student and how to be an effective self-advocate.

Study Strategies  
for Finals

Tuesday, Nov. 27, 2012  
Noon - 1 p.m. | SMC CC 351

Does finals time make you nervous and feel a bit unsure of the best way for you to tackle this hyped up study time? Join us for this interactive workshop to provide effective study strategies for final exams

Time Management  
and Goal Setting

Thursday, Jan. 24, 2013  
1 - 2 p.m. | SMC CC 353

Start your semester on the right foot! This interactive workshop guides students through personalized goal setting and scheduling in order to maximize productivity throughout the semester. Students will leave the workshop with a strategic plan to create their own work-life balance.

Study Strategies  
for Lecture

Tuesday, Feb. 12, 2013  
1 - 2 p.m. | SMC CC 353

This interactive workshop is for students with ADHD, learning disabilities, or anyone who wants to examine their study habits for maximum effectiveness.

## OFFICE OF INTERNATIONAL SERVICES PROGRAMS

The Office of International Services offers programs to promote intercultural understanding and support international students and scholars as they transition to the United States and UM community. A series of workshops and programs will be offered throughout the year to acquaint UM students and scholars with concepts of cross-cultural communication, to orient new students and scholars as they arrive, to provide opportunities to socialize in an informal setting, and to learn about the services and programs that Campus Life Services offers.

The programs are designed to address a number of topics that international students and scholars have identified as important to their professional and personal growth.

1. **Career Series:** Throughout the academic year, we hold workshops on how to obtain work authorization under current immigration status and immigration sponsorship options after graduation will assist international students and scholars with the nuts and bolts of employment and how to navigate the professional environment in the United States.
2. **Culture Series:** A weekly conversation group will be offered to provide an overview of the theory of cross-cultural communication, explore the meaning of culture and culture shock, discuss strategies to adapt to a new cultural environment, and practice English language conversation skills.
3. **Social Events:** A trip to the Cherry Blossom festival in Spring 2013 will provide international students, scholars and their families an opportunity to socialize and explore a facet of American culture.

**J-1 Scholar Orientation** | Fridays | 10 a.m. - Noon | SMC CC 309

July 20, 2012  
Augt. 17, 2012  
Sept. 28, 2012  
Oct. 19, 2012  
Nov. 16, 2012  
Dec. 14, 2012  
Jan. 18, 2013  
Feb. 15, 2013  
March 15, 2013  
April 19, 2013  
May 10, 2013  
June 14, 2013

J-1 Scholar Orientation will assist new J-1 researchers and professors in acclimating to the University, Baltimore, and the United States. Topics covered include applicable immigration regulations, office and University services, concepts of cross-cultural communication, housing information, and community resources. The goal of this program is to provide opportunities for new J-1 Scholars to meet each other, OIS staff members, and to give them information they need to settle and be productive in their activities at the University.

<p>Employment Authorization Workshops</p>	<p>Fridays   Noon - 1 p.m.   SMC CC 353</p> <p>Sept. 14, 2012 Oct. 5, 2012 Feb. 8, 2013 March 1, 2013</p> <p>OIS will provide information to F-1 and J-1 students and scholars with information regarding employment benefits they are eligible for, how to apply, and timing issues.</p>
<p>ESL Fair</p>	<p>Tuesday, Sept. 18, 2012 10 a.m. - 2 p.m.   SMC CC Ballrooms</p> <p>The ESL Fair is a great opportunity for students, scholars, and their families to learn about English language enhancement providers in the Baltimore area. Representatives from the Writing Center and the SON's Student Success Center will also be in attendance.</p>
<p>International Scholar and Student Travel Workshop</p>	<p>Friday, Nov. 9, 2012   Noon - 1 p.m.   SMC CC 351 Friday, Dec. 7, 2012   Noon - 1 p.m.   SMC CC 351</p> <p>This workshop helps scholars and students review processes for re-entry to the US and apply for renewal of US visa stamps.</p>
<p>Immigration Options for Int'l Students and Scholars</p>	<p>Friday, Feb. 22, 2013 2 - 4 p.m.   SMC CC 351</p> <p>An immigration attorney will provide information about employment-based immigration sponsorship options for international students and scholars and discuss options that may be available to them.</p>
<p>Conversation, Communication and Culture</p>	<p>Wednesday, Sept. 12, 2012   5:30 - 6:30 p.m.   SMC CC 353 Wednesday, Sept. 19, 2012   5:30 - 6:30 p.m.   SMC CC 351 Wednesday, Sept. 26, 2012   5:30 - 6:30 p.m.   SMC CC 353</p> <p>Join us to practice English conversation skills, explore intercultural communication and learn about various programs available to the UM community. Co-sponsored by the Writing Center.</p>
<p>Day Trip: Cherry Blossom Parade and Street Festival</p>	<p>Saturday, April 13, 2013 9 a.m. - 5 p.m.   Washington, DC</p> <p>This day trip is an opportunity for students, scholars, and their families to travel from Baltimore to Washington DC via metro and explore downtown Washington DC during the Cherry Blossom Festival.</p>

## OFFICE OF INTERPROFESSIONAL STUDENT LEARNING AND SERVICE INITIATIVES

The Office of Interprofessional Student Learning and Service Initiatives, ISLSI, is committed to educating University of Maryland students through opportunities that emphasize community engagement and social responsibility while actively supporting a student's personal and professional development. This centralized office coordinates campus-wide activities, programs, and services that foster students' academic, personal, and professional development. The aim of this department is to enhance the quality of student life by celebrating diversity, encouraging service-learning, and supporting leadership development and interdisciplinary engagement.

### **President's Symposium and White Paper Project**

The President's Symposium and White Paper project is an interprofessional initiative that engages faculty, staff, and students from all of UM's schools and academic programs in a year-long conversation on a topic that is of interest and importance to the University and its community.

Each year the President's Symposium launches during Welcome Month and features a series of lectures and presentations by recognized experts throughout the academic year. At the end of the series, an interdisciplinary team of students, faculty, and staff will produce a white paper on the topic for dissemination within and outside the University.

The 2012-2013 topic aims to answer the following question: how can the University instill civility as a core instructional value in educating health, legal and human services professionals?

### **Fellow Activities and Stipends**

Fellows will be required to attend all Speakers Series and participate in White Paper Synthesis meetings, as well as, deliver a lecture/presentation upon the completion of the White Paper. Each fellow will be awarded a \$1,000 stipend for the 2012-2013 academic year.

Abdalla Aly  
School of Pharmacy

Abdalla received his bachelors of pharmacy degree from Misr International University in Egypt in 2007 and worked as a teaching assistant and a pharmacist for 2 years. Starting in 2009, he joined the doctoral program in the department of pharmaceutical health services research at the University of Maryland, where he conducts comparative effectiveness research, cost-effectiveness analysis, and outcomes research with a particular interest in modeling heterogeneity of treatment effects and costs in oncology.

Casey Brent  
School of Social Work

Casey is a Baltimore City native who is currently a student in the School of Social Work's Social Action and Community Development program. Upon graduation her immediate goals are to work with Baltimore City on its WestSide Revitalization Project in an effort to rehabilitate her hometown. Currently, she is considering obtaining a PhD in Planning, Governance, and Globalization. Ultimately, Casey would like to work with international populations and policy analysis and planning.

Victoria Chihos  
School of Law

Victoria is interested in working in public interest law after graduation and is pursuing the certificate in Healthcare Law. Currently, she is researching post-graduate public interest fellowships. Victoria is involved in many extracurricular activities on campus that allow her to be a valuable representative of the law school community. She guided first year law students through orientation as a peer advisor and will lead a team of 10 law students down to Mississippi on the Maryland Law Service Corps (MLSC) Health Law trip this January. She has also been involved in community service activities in Baltimore City through the Maryland Public Interest Law Project. This has provided insight about the unique problems that many Baltimore City residents face. As a rising third year law student, Victoria will soon be graduating and beginning her career.

Ian Clark  
School of Law

Ian is a second year full-time law student with a concentration in Health and Business Law. He has recently completed legal internships with the U.S. Small Business Administration Office of General Counsel, Maryland's Law and Health Care Program, and Project HEAL at Johns Hopkins' Harriet Lane Children's Clinic. In addition to being a President's Fellow, Ian serves as an Implementation Team Member for the University's Strategic Plan Committee, focusing on strategies to help UM students and faculty excel at interprofessional education, clinical care, and public service. Ian also serves the law school community as Student Engagement Chair of the Student Health Law Organization, member of the Alternative Dispute Resolution Group, member of the Drug Policy and Public Health Strategies Clinic, member of the Maryland Law Service Corps, and as a Maryland Carey Law Leadership Scholar.

Mazen El Ghaziri  
School of Nursing

Mazen is currently a doctoral student in the School of Nursing. His past two years at UM have exposed him to scholarly work in his primary interest of workplace violence (WPV) focused on organization of work and the work environment. This is driven by his intolerance to violence at the political or interpersonal levels, after growing up in a country (Lebanon) that suffered more than 15 years of civil war and unrest.

Deborah Mansdorf  
School of Dentistry

Deborah is entering her second year at the School of Dentistry. Throughout high school, college, and professional school, Deborah has volunteered innumerable hours to working with children and adults with disabilities. Together with others in a national organization known as YACHAD, she found a meaningful way to help bring together students and young adults from many backgrounds who face various challenges both intellectual and physical. Deborah feels that this work has made her committed and determined to take advantage of opportunities to narrow the gaps and build bridges between various segments in her community as a trained health professional.

Oksana Mishler  
Graduate School and  
School of Dentistry

Oksana has the academic goal of completing her graduate research project by May 2013 and publishing the results in domestic and international professional journals. Her professional goal is to lead clinical research projects and educate foreign nations on the importance of maintaining oral health via publications. Oksana is passionate about helping the underserved, both locally and worldwide. She volunteered to provide both prophylactic and therapeutic dental hygiene services to HIV positive, financially disadvantaged adults. However, Oksana's civic involvement was not limited to adults only. As part of the Special Olympics Special Smiles program, she educated special needs children, as well as their caregivers, on proper oral hygiene.

Caroline Sunshine  
School of Social Work

Caroline is interested in a range of issues involving violence and violence prevention among high-risk groups including low-income, ethnic minority, immigrant, disabled, and other disadvantaged populations. Before starting at the University of Maryland, she served as a Public Health Analyst for the DC Government, developing, implementing, and evaluating programs to assist children with asthma and lead poisoning. In this position, she also aided families in obtaining needed medical care, healthy housing, and other services. Prior to that, she provided case management services for children and adolescents with serious emotional/behavioral issues as well as to developmentally disadvantaged infants and toddlers.

## Speakers Series

Jay A. Perman, MD  
President  
University of Maryland

Monday, Augt. 27, 2012  
5 - 7:30 p.m. | SMC CC Ballroom B

President Perman will discuss the role of civility on a health science, human service and law campus.

Dr. Benet Davetian  
Director  
Civility Institute  
University of Prince  
Edward Island

Monday, Oct. 15, 2012  
5 - 7 p.m. | SMC CC Ballroom B

Dr. Davetian will discuss civility and its complex and powerful role in human relations.

Ray Williams

Tuesday, Nov. 06, 2012  
5 - 7 p.m. | SMC CC Ballroom B

Ray Williams brings over 35 years of leadership experience as a CEO, HR Executive, Management Consultant, and Leadership Trainer. He will use this knowledge to discuss role of leaders in creating an organizational culture that exemplifies civility.

<p>Bernard Schulz Special Assistant to the Vice President American University</p>	<p>Friday, Feb. 1, 2013 5 - 7 p.m.   SMC CC Ballroom B</p> <p>Bernard Schulz will share his experience co-founding AU's CIVITAS program and the role of centralized initiatives to promote civility on and around campus.</p>
<p>P.M. Forni Co-founder and Director of the Civility Initiative at Johns Hopkins</p>	<p>Friday, March 1, 2013 5 - 7 p.m.   SMC CC Ballroom B</p> <p>P.M. Forni will provide an assessment of the significance of civility, manners, and politeness in contemporary society.</p>
<p>Fellow's Findings</p>	<p>Monday, April 1, 2013 5 - 7 p.m.   SMC CC Ballroom B</p> <p>The President's Fellows will present their findings based on their research and the information shared during the Speakers Series. Their White Paper on civility will be debuted at this time.</p>

**Lunch and Learn Workshops**

These hour-long sessions connect this year's topic of civility to the President's Student Leadership Institute (PSLI). PSLI students may attend one of the Lunch and Learn Civility Workshops to fulfill the PSLI Civility requirement. UM resident experts will facilitate each session. These experts represent the various schools on UM's campus. All students, faculty, staff, and community members are encouraged to attend.

Lunch and Learn  
Workshops

Monday, Sept. 17, 2012  
Noon – 1 p.m. | SMC CC, Room 351  
Facilitated by Dr. Kelley Macmillan (SSW)

Monday, Oct. 8, 2012  
Noon – 1 p.m. | SMC CC, Room 351  
Facilitated by Professor Lisa Bress (SOD)

Wednesday, Nov. 14, 2012  
Noon – 1 p.m. | SMC CC, Room 351  
Facilitated by Dr. Regina Twigg (SON)

Tuesday, Feb. 19, 2013  
Noon – 1 p.m. | SMC CC, Room 351  
Facilitated by Professor Richard Colgan, MD (SOM)

Monday, March 4, 2013  
1 p.m.– 2 p.m. | SMC CC, Room 351  
Facilitated by Dr. Jill Morgan (SOP)

Tuesday, April 9, 2013  
Noon – 1 p.m. | SMC CC, Room 351  
Facilitated by Professor Danielle Citron, JD (SOL)

Wednesday, Nov. 7, 2012  
1 p.m. – 2 p.m. | SMC CC, Room 311  
*Choose Civility* by P.M. Forni book discussion led by Lisa Bankman  
(Howard County Library)

### Diversity Celebrations

The Diversity Celebrations provide a unique setting for the encouragement of broad social, cultural, recreational, and educational programming for the UM university and its surroundings. These cultural-based programs serve as a medium for the interaction and the exploration of vital issues concerning the campus community and society as a whole. The Diversity Initiatives Include the Diversity Celebrations, Cultural Enrichment Events and Safe Space Training.

### Diversity Celebrations

The Diversity Celebrations will recognize the various recognized cultural and diversity heritage months. This year's celebration will focus on Hispanic Heritage Month (Sept. 15 – Oct. 15); LGBT History Month (Oct.); National American Indian Month (Nov.); Black History Month (Feb.); Women's History Month (March); and Asian/Pacific Islander Month (May).

### Hispanic Heritage Month (Sept. 15 - Oct. 15)

SalsaNow! Salsa Lessons  
Presented by: SalsaNow!

Thursday, Sept. 20, 2012  
5 - 7 p.m. | SMC CC Room 349

Observe a live salsa demonstration given by experienced SalsaNow! instructors. After the brief demonstration, stay for a salsa lesson. Refreshments will be served.

The Maya Calendar and  
the 2012 "Apocalypse"

Monday, Sept. 24, 2012  
5:30 - 7 p.m. | SMC CC, Room 351

Many fear the end of the world is near because the Mayan calendar for the current cycle of time ends in 2012. Discover what ancient Mayan wisdom reveals about the new cycle of time that begins on Dec. 22, 2012. Dr. John Carlson of University of Maryland, College Park will explain what the Mayans predicted regarding changes to the earth.

HHM: Health Disparities  
Among the Latino  
Community

Presented by La Clinica del Pueblo  
Tuesday, Oct. 2, 2012  
5:30 - 7 p.m. | SMC CC, Room 353

Public health representative from La Clinica del Pueblo unveil and discuss health issues faced by the LGBT Latino community and their allies. Come listen to shared experiences of working professionals within the community and learn culturally competent treatment approaches in providing comprehensive services to this community. Refreshments will be served.

Spotlight Artist:  
Anthony McKissic

Thursday, Oct. 4, 2012  
5:30 - 7 p.m. | SMC CC 1st Floor Fireplace Lounge

Baltimore Photographer Anthony McKissic presents "Cuba – Ritual, Resistance, and Resilience," a journey brought to life in black and white photographs, looking at the touch of African Diaspora in Cuba. Come join Anthony for food and a fireside chat as he explains his travels and inspiration behind his artwork.

Featured Musician:  
Boanerges Garzon

Thursday, Oct. 11, 2012  
Noon - 2 p.m. | SMC CC, 1st Floor

Whether you're taking a break or eating lunch, sit back and relax and enjoy the Spanish folk, rock, acoustic styling of Nicaraguan artist Boanerges Garzon.

**LGBT History Month (Oct.)**

Working While LGBTQ

Monday, Oct. 8, 2012  
5:30 - 7 p.m. | SMC CC Room 351

Panel discussion of individuals in careers of human services, health, and law about how being an LGBT individual can positively or adversely affect your professional life. Refreshments will be provided.

<p>Coming Out Festival</p>	<p>Friday, Oct. 12, 2012 Noon - 2 p.m.   SMC CC Ballrooms - Pre-function Lounge</p> <p>Join us for a Coming Out Day festival where we will be celebrating YOU! Come out as whoever you are in support of the campus community. There will be resources from organizations in the community, fun activities, and food.</p>
<p>Ally Week</p>	<p>Oct. 15 - Oct. 19</p> <p>Ally Week is a week for students to organize events that serve to identify, support and celebrate Allies against anti-LGBT language, bullying and harassment in America's schools.</p>
<p>How to Be an Ally</p>	<p>Oct. 15 - Oct. 19 Noon - 2 p.m.   SMC CC, 1st Floor</p> <p>During Ally Week ISLSI will have an information table set up in the SMC CC with Ally resources. Allies play a vital role in making our campus safer for all students, regardless of sexual orientation or gender identity/expression. Help to end anti-LGBT bullying and harassment by signing an ally pledge, or displaying your free button.</p>
<p>Safe Space Training</p>	<p>Monday, Oct. 15, 2012 Noon - 2 p.m.   SMC CC 309</p> <p>Safe Space is a national program that identifies LGBTQ-friendly faculty, staff, and students. The Safe Space training workshop provides information about how to be a supportive ally to LGBTQ students and colleagues. Upon completion, participants have the option of becoming a Safe Space member and displaying an UM Safe Space placard or button.</p>
<p>Gender Inclusive Self Defense Class</p>	<p>Wednesday, Oct. 17, 2012 5:30 - 7:30 p.m.   SMC CC, Room 353</p> <p>University of Maryland's former Corporal Police Officer and current Safety Education Specialist, Archie Griffin, will offer a gender-inclusive self-defense class. This program will emphasize basic self-defense skills and emphasize self-confidence in approaches to safety in the community.</p>

Suicide Prevention Training  
Friday, Oct. 19, 2012  
Noon - 2 p.m. | SMC CC, Room 353

The Gay, Lesbian, Bisexual, Transgender, and Queer Community Center of Baltimore (GLCCB) is proud to offer a free training on suicide prevention among LGBT youth and their peers. Come learn how to help save a life from suicide using the QPR (Question, Persuade, Refer) technique. Refreshments will be provided.

### American Indian Heritage Month (Nov.)

Spotlight Artist Reception:  
Michelle Madwolf  
Thursday, Nov. 1, 2012  
5 - 6 p.m. | SMC CC, 2nd Floor Pre-function Space

Join our spotlight artist, Michelle Madwolf, for American Indian Heritage Month. Michelle is a graduate of the School of Pharmacy and an accomplished artist. Meet the artist and converse about the inspiration behind the work.

Contemporary Concerns  
of Natives Today  
Thursday, Nov. 1, 2012  
6 - 7 p.m. | SMC CC, Ballroom B

MJ Madwolf, mother of our Spotlight Artist, will give an interactive discussion of current concerns of American Indians. She will display her collection of American Indian cultural items.

Health Disparities Among  
the American Indian  
Community  
Tuesday, Nov. 13, 2012  
Noon - 1 p.m. | SMC CC, Room 311

Keith Colston, representative from the Baltimore American Indian Center, unveils will unveil and discuss health issues faced by the American Indian community. Come learn culturally competent treatment approaches in providing comprehensive services to this community. Refreshments will be provided.

American Indian  
Pow Wow  
Monday, Nov. 19, 2012  
Noon - 2 p.m. | SMC CC Ballrooms

Enjoy this festival of dancing, singing, and socializing, to learn more about American Indian culture.

Two Spirit: Then and Now -  
Reclaiming and Restoring  
Our Place of Honor

Wednesday, Nov. 28, 2012  
5:30 - 7 p.m. | SMC CC, Room 351

Join us for a discussion led by the co-founder of the NorthEast Two-Spirit Society regarding historical and contemporary information on Native and Two-Spirit approaches to gender and sexuality. Learn culturally competent treatment approaches in providing services to the community.

**Black History Month (Feb.)**

Afro-Caribbean  
Dance Fitness

Presented by Jacqueline Dailey (Dental School)  
Tuesday, Feb. 6, 2013 | SMC CC, Room 349  
Tuesday, Feb. 19, 2013 | SMC CC, Room 349  
Tuesday, Feb. 26, 2013 | SMC CC, Room 349

Afro-Caribbean dance fitness is the celebration and fusion of modified West African and Brazilian dance movements and cardiovascular (aerobic) exercise. The class is designed to help elevate your heart rate (burn calories), build endurance and tone the muscles while dancing to the beat of Afro-Caribbean and world music. Beginners are welcome and encouraged to participate in this unique dance fitness experience. The dance movements are broken down and modified to ensure everyone experiences a safe but exhilarating dance fitness cardio workout.

Naturally Me, Natural Hair

Presented by Jennifer Lord  
Monday, Feb. 4, 2013  
5 - 6 p.m. | SMC CC, Room 351

Jennifer Lord, Founder of Naturally Me Hair Salon in Baltimore, will give a brief history on natural hair, advice on how to transition from processed hair, show styles for professional settings, and give a live demonstration. Refreshments will be provided.

African Ancestry  
Workshop

Tuesday, Feb. 12, 2013  
5:30 - 7 p.m. | SMC CC Ballroom B

Learn how analyzing DNA can help people of African descent trace their ancestry back to their present-day African country of origin. During the presentation, four individuals will have their ancestries revealed. Refreshments will be provided.

**Spotlight Artist: TBA** Friday, Feb. 22, 2013  
6 - 7 p.m. | SMC CC, 2nd Floor Pre-function Space

Join our spotlight artist for Black History Month for an art exhibition and reception. Co-sponsored by OASIS, School of Social Work.

**For Colored Girls** Friday, Feb. 22, 2013  
7 - 8:30 p.m. | SMC CC Ballrooms

UM faculty, students, and staff will reenact Ntozake Shange's play, which depicts the interconnected lives of nine women, exploring their lives and struggles as women of color. Donations will be collected in lieu of admissions and given to a charity dedicated to serving the Black Community. Co-sponsored by OASIS and the School of Social Work.

### Women's History Month (March)

**Spotlight Artist** Date: TBA  
6 - 7 p.m. | SMC CC, 2nd Floor Pre-function Space

Join our Women's History Month spotlight artist for for an art exhibition and reception. Meet the artist and converse about the inspiration behind the work.

**Vagina Monologues** Presented by UM Students and Staff  
Friday, March 8, 2013  
7 - 8:30 p.m. | SMC CC Ballrooms

Join us for a 90-minute performance led by UM students and staff as they tell the story of many different women. Donations will be collected in lieu of admissions and they will be donated to a charity that addresses women's issues.

**Women's Health Fair** Thursday, March 28, 2013  
Noon - 2 p.m. | SMC CC, 2nd Floor Pre-function Space

Join us as we promote women's health with community partners through a resource fair for the UM community.

**RAD Self-Defense Training**  
Sponsored by URecFit Monday, March 25, 2013  
5:30 - 7:30 p.m. | Ballroom A

RAD is a hands-on course for women designed to emphasize confidence and self-discipline while developing and enhancing options for self-defense.

## Asian Pacific American Heritage Month (April)

### Acupuncture and Acupressure Demonstration

Tuesday, April 30, 2013  
Noon - 2 p.m. | SMC CC, Room 349

We couldn't wait to celebrate Asian Pacific American Heritage Month so we are starting a day early. Stop by to learn about eastern and holistic medicine and how it can be infused into our society. After a brief information session, receive a brief acupuncture or acupressure treatment. Co-sponsored by the Center for Integrative Medicine.

### Sushi Fest Lunch: Sushi Demonstration and Tasting

Thursday, May 2, 2013  
Noon - 1 p.m. | SMC CC, Ballroom B

Learn about the history of sushi making, view a live demonstration, and enjoy free sushi tasting. Registration is required.

### Spotlight Artist

Wednesday, May 8, 2013  
5 - 6 p.m. | SMC CC, 2nd Floor Pre-function Space

Join our spotlight artist for Asian American/Pacific Islander Heritage Month for an art exhibition and reception. Meet the artist, converse about the inspiration behind the work.

## Cultural Enrichment Events

These events are in addition to the Diversity Celebrations. The Cultural Enrichment Events will be offered throughout the year to help celebrate cultures and diversity groups not included in the Diversity Celebrations.

### Transgender Day of Remembrance

Monday, Nov. 19, 2012  
5 - 6 p.m. | SMC CC, 1st Floor Fireplace Lounge

Participate in this candlelight ceremony remembering those who have lost their lives due to hate and discrimination, while honoring their strength to live true to themselves.

### Suicide Prevention Training

Friday, April 5, 2013  
Noon - 1 p.m. | SMC CC, Room 351

The Gay, Lesbian, Bisexual, Transgender, and Queer Community Center of Baltimore (GLCCB) is proud to offer a free training on suicide prevention among LGBT youth and their peers. Come learn how to help save a life from suicide using the QPR (Question, Persuade, Refer) technique. Refreshments will be provided.

Holocaust Survivor Discussion Tuesday, April 23, 2013  
5:30 - 6:30 p.m. | SMC CC, Ballroom B

"Once you know, you can never forget." Come together for an unforgettable evening hearing the true-life story of a Holocaust survivor representing the United States Holocaust Memorial Museum. Question and answer session to follow.

Multicultural Dance Celebration Friday, April 19, 2013  
Noon - 2 p.m. | SMC CC, Room 349

Pull out your dancing shoes and dance your way around the world with this dance-fitness inspired party! Featuring ZUMBA, Afro-Caribbean, Bollywood, and other world styles, this dance party will leave you feeling exhilarated and joyful.

Safe Space Training Friday, Nov. 9, 2012  
Noon - 1 p.m. | SMC CC, Room 309  
This event is in conjunction with the School of Nursing.

Monday, Nov. 12, 2012  
Noon - 1 p.m. | SMC CC, Room 309  
This event is in conjunction with the School of Nursing.

Friday, Nov. 16, 2012  
Noon - 1 p.m. | SMC CC, Room 209  
This event is in conjunction with the School of Nursing.

Monday, Jan. 14, 2013  
Noon - 1 p.m. | SMC CC, Room 311

Tuesday, April 9, 2013  
1 - 2 p.m. | SMC CC, Room 311

The kick-off for the Safe Space program is offered during LGBT History Month; however, Safe Space Training is offered all year round to help create a LGBTQ-friendly UM campus community.

## Service Initiatives

### UM Votes

University of Maryland is gearing up for the 2012 election season with UM Votes. UM Votes is a partnership of local community groups, student groups, and University of Maryland System students with the common vision of registering and turning out more student and community voters from the University of Maryland in the Baltimore area. We will be registering voters starting on Sept. 7th at Fall Fest. We will be out in the community on three different dates following the initial registration event.

### Preparing the Future: HIV Testing, Treatment and Awareness

The Preparing the Future, PTF, program aims to mobilize the campus of the University of Maryland Baltimore to address the goals of the National HIV and AIDS Strategy. Since Sept. 2011, 70 medical and nursing students and faculty have been part of a multi-disciplinary didactic and hands-on curriculum which aims to train future health professionals to integrate HIV testing and linkage to care into their clinical practice. This year, School of Social Work Students will begin to receive training. Students who participate in the initiatives surrounding PTF will become more knowledgeable about HIC testing, treatment and services. This program is in conjunction with the JACQUES initiative, Institute of Human Virology - University of Maryland School of Medicine

**World AIDS Day** Friday, Nov. 30, 2012  
10 a.m. - 5 p.m. | SMC CC, Room 309, 311, 349 and 353

This all day event will include an information fair, HIV testing, Lunch and Learn session (12 a.m. - 1 p.m.) and a documentary screening. Students can be trained ahead of time to be HIV testers and/or HIV service referral agents.

**HIV Lunch and Learn Seminar** Monday, Jan. 28, 2013  
Noon - 2 p.m. | SMC CC, Room, 351

Come join the Office of Interprofessional Service-Learning and Student Initiatives as they partner with the JACQUES Initiative for a talk on HIV and Baltimore City. This will be a lunch and learn that will foreshadow what is to come at the annual HIV Summit held in the Spring.

**HIV Summit** Monday, April 8, 2013  
11:30 a.m. - 7 p.m.

This landmark program, the first of its kind in the country, is an educational event for students, regional and local leaders, faculty, staff, and current health care professionals as a culmination of its first year of implementation.

## Poverty Simulation

Jan. 2013 | Noon - 2 p.m. | SMC CC, Ballroom A  
April 2013 | Noon - 2 p.m. | SMC CC, Ballroom A

Come role-play the lives of low-income families to provide food, shelter, and other basic necessities through a simulation while interacting with various community resources staffed by low-income volunteers to learn how to better serve your community.

The Poverty Simulation is designed to help participants begin to understand what it might be like to live in a low-income family and survive from week to week. This interactive workshop allows participants to assume the roles of a family member facing poverty. Participants provide for the basic necessities and shelter during the course of four 15-minute weeks.

## President's Student Leadership Institute

The President's Student Leadership Institute (PSLI) is a certificate program focused on exposing UM student leaders to contemporary issues in leadership in order to prepare participants for professional leadership in a diverse and global society. PSLI aims to bring students at different levels of leadership development from various schools on campus together to learn and/or enhance skills necessary for leadership on- and off- campus. This program will utilize a series of seminars, a personality inventory and service learning to support the learning outcome of intra- and inter- competence through an emphasis on self development, personal and professional management, communication, critical thinking, strategic planning, working with others, diversity, and service learning. Upon completion of PSLI graduates will receive a certificate.

## Seminar Series

PSLI will follow a seminar-based format, with sessions offered throughout the academic year. All UM students will be invited to participate – regardless of previous leadership experience. Seminars will be facilitated by guest speakers, volunteer faculty, staff and/or student leaders, when appropriate.

## Service Learning

PSLI will contain a Service Learning component with a minimum service requirement of 40 hours in addition to the seminar requirements. PSLI participants will be responsible for finding their own service learning projects. This will help ensure that they are passionate about the service. Service Learning projects may be in conjunction with student groups/organizations, the Green Room or unaffiliated organizations.

## Awards and Recognition Ceremony

Upon completion of the program, students will be invited to a Student Leadership Awards and Recognition Ceremony on April 18, 2013. All campus leaders will be invited to attend, regardless of PSLI affiliation. This ceremony will recognize PSLI program graduates; and as well as, recognize outstanding student groups on campus (awards will be given to the outstanding student group from each school and the outstanding university-wide student group. Students will be asked to vote prior to the event).

## Award Levels

PSLI candidates who complete the four required courses and five elective sessions will be eligible for the Platinum level award. Candidates who complete the four required courses and three elective sessions will be eligible for the Gold level award.

PSLI/AMCP Welcome and Networking Reception

Wednesday, Sept. 12, 2012 | 5:30 – 8:30 p.m. | SMC CC Ballroom B

A welcome reception for all those interested in joining the President's Student Leadership Institute. PSLI is partnering with AMCP at the School of Pharmacy. In addition, this program includes tips from an expert about "How to Network."

Civility and Leadership

Monday, Sept. 17, 2012 | Noon - 1 p.m. | SMC CC 351

Civility is the key to building relationships, creating a positive reputation, and having a successful life. But who has the time or patience to be polite? Dr. Kelley Macmillan of the School of Social work imparts his lessons and stories on civility in this interactive workshop.

Time Management and Goal Setting

Monday, Sept. 24, 2012 | 1 - 2 p.m. | SMC CC 351

Start your semester on the right foot! This workshop guides students through personalized goal setting and scheduling in order to maximize productivity throughout the semester. Students will leave the workshop with a strategic plan to create their own work-life balance.

Cultural Understanding

Wednesday, Sept. 26, 2012 | Noon – 1 p.m. | SMC CC 311  
Thursday, Nov. 1, 2012 | 1 – 2 p.m. | SMC CC 311  
Monday, Feb. 4, 2013 | Noon – 1 p.m. | SMC CC 351

A critical competency for today's professionals is effectively working with, and leading, people with many different cultural values, beliefs and behaviors. The foundational step to building this skill is to understand the nature of cultural values, beliefs, and behaviors. In this workshop, learn about elements of culture and the nine core cultural values. Participants will practice culture-mapping to evaluate personal values relative to the core cultural values, beliefs, and behaviors of the culture in which one lives and works.

Work-life Balance and Leadership

Monday, Oct. 1, 2012 | Noon - 1 p.m. | SMC CC 351

Achieving work-life balance is a tango, and worrying about the "always-on mentality" that comes from work technology can put you in a head spin. Students who attend this seminar will learn how to address the priorities that come from all aspects of their lives, how to feel empowered by different types of opportunities, and how to effectively manage the stresses of trying to achieve work-life balance.

<p>Managing and Coordinating Projects and Events</p>	<p>Wednesday, Oct. 3, 2012   Noon - 1 p.m.   SMC CC 351          Tuesday, Feb. 12, 2013   1 - 2 p.m.   SMC CC 351</p> <p>This workshop will offer key elements and skills to effectively manage organizational projects and events.</p>
<p>Civility and Leadership</p>	<p>Monday, Oct. 8, 2012   Noon - 1 p.m.   SMC CC 351</p> <p>Civility. What does this mean and why should we care? This interactive session will provide participants with insight into how civility or the lack thereof impacts professionals before and after graduation. Facilitated by Lisa Bress, RDH MS.</p>
<p>7 Habits of Highly Effective People</p>	<p>Monday, Oct. 15, 2012   Noon - 1 p.m.   SMC CC 351</p> <p>This session teaches students how to take initiative, balance key priorities, improve interpersonal communication, leverage creative collaboration, and apply principles for achieving a balanced life.</p>
<p>Type and Leadership: Myers-Briggs Type Indicator</p>	<p>Thursday, Oct. 18, 2012   Noon - 1 p.m.   SMC CC 351          Thursday, March 7, 2013   Noon - 1 p.m.   SMC CC 351</p> <p>What kind of leader are you? Using the Myers-Briggs Type Indicator as an assessment tool, students will learn about their individual styles and preferences through an interactive presentation. Individuals interested in the course must complete the MBTI assessment one week before the course.</p>
<p>Moral and Ethical Leadership</p>	<p>Monday, Oct. 22, 2012   Noon - 1 p.m.   SMC CC 351          Tuesday, Feb. 26, 2013   Noon - 1 p.m.   SMC CC 351</p> <p>Discuss the value of ethical leadership and learn techniques to help handle ethical dilemmas.</p>
<p>Measuring Success Through Assessment</p>	<p>Tuesday, Oct. 30, 2012   Noon - 1 p.m.   SMC CC 351          Wednesday, Feb. 6, 2013   1 - 2 p.m.   SMC CC 351</p> <p>Topics will include how to develop and meet learning outcomes, create feedback forms, analyze assessment results and implement recommended improvements.</p>

<p>Creating a Digital Presence</p>	<p>Tuesday, Nov. 6, 2012   1 - 2 p.m.   SMC CC 351</p> <p>In the beginning of the 21st century, having a digital presence meant an up to date web page, and a Myspace account. But with the advent of digital media, listing your "contact us" information on a company website is no longer enough. Join Patrick McAvoy as he discusses the different methods, and reasons why you should be using digital media in your personal and professional lives.</p>
<p>Interview Skills</p>	<p>Thursday, Nov. 8, 2012   Noon - 1 p.m.   SMC CC 351  Thursday, Feb. 28, 2013   1 - 2 p.m.   SMC CC 351</p> <p>Interviewing can be a daunting process. As a professional, you will endure various interviews during your career. Join us during this session to learn tips from an expert in HR</p>
<p>Public Speaking</p>	<p>Monday, Nov. 12, 2012   Noon - 1 p.m.   SMC CC 203  Thursday, Feb. 14, 2012   Noon - 1 p.m.   SMC CC 351</p> <p>Why is public speaking a number one human fear? Join David Flinchbaugh as he shares how to use basic tools to outline and arrange a talk. Students will be equipped to deliver an organized and effective presentation on any topic. Proper preparation, materials, and delivery will be discussed and tested.</p>
<p>Civility and Leadership</p>	<p>Wednesday, Nov. 14, 2012   Noon - 1 p.m.   SMC CC 311</p> <p>Sure, we've all heard the word "civilized" before, but what does that mean for our generation and why should we care? This interactive session with Dr. Regina Twigg, RN, will provide participants the answer to those questions and more by providing meaningful activities and discussion regarding civility on campus.</p>
<p>Leadership in the Age of Social Media</p>	<p>Monday, Dec. 3, 2012   Noon - 1 p.m.   SMC CC 223</p> <p>Students will learn how to effectively use social media to build membership, promote events, and communicate with their audience.</p>

Civility and Leadership Tuesday, Feb. 19, 2013 | Noon - 1 p.m. | SMC CC 351

Sure, we've all heard the word "civilized" before, but what does that mean for our generation and why should we care? SOM Associate Professor Dr. Rich Colgan (author of *Advice to the Young Physician: On the Art of Medicine*, and *Advice to the Healer: On the Art of Caring*) shares his stories in this meaningful and interactive workshop. Every student who will one day interact with patients or clients will leave inspired to go forth and serve!

Building Consensus Thursday, Feb. 21, 2013 | Noon - 1 p.m. | SMC CC 311

A leader who builds consensus encourages input from all relevant parties, presents the process for review and revision, and ensures the process is followed. Students will learn ways to build consensus and be true democratic leaders.

Moral and Ethical Leadership Tuesday, Feb. 26, 2013 | Noon - 1 p.m. | SMC CC 351

Discuss the value of ethical leadership and learn techniques to help us handle ethical dilemmas.

Civility and Leadership Monday, March 4, 2013 | 1 - 2 p.m. | SMC CC 351

Sure, we've all heard the word "civilized" before, but what does that mean for our generation and why should we care? Dr. Jill Morgan of the School of Pharmacy shares her lessons and stories on civility in this meaningful and interactive workshop intended for all students.

Cross Cultural Communication Tuesday, March 5, 2013 | 1 - 2 p.m. | SMC CC 351

The importance of understanding the uniqueness of cultures around the world and how to apply the skills of cultural understanding will lead to an effective global leader.

Leading in a Diverse and Global Society

Tuesday, March 12, 2013 | Noon - 1 p.m. | SMC CC 351

Today, effective leadership includes a global mind set and skill set relevant to a multicultural world. Leadership depends more than ever on a strong foundation of cultural understanding and adaptability. In the Cultural Understanding workshop, a broad introduction to culture provided the basis on which this advanced session builds with a more in-depth exploration of the culturally appropriate skills needed for successful leadership: understanding communication styles, concepts of time, individualism and collectivism, leadership and decision-making styles, and others. Widening the ethnocentric lens through which we view the world and ourselves in it will provide the first step toward developing the cultural adaptability needed for effective leadership. Recommended Pre-requisite: Cultural Understanding.

Civility and Leadership

Tuesday, April 9, 2013 | Noon - 1 p.m. | SMC CC 351

Sure, we've all heard the word "civilized" before, but what does that mean for our generation and why should we care? Professor Danielle Citron of the School of Law shares her lessons and stories of Civility in life, in work, and on the Internet in this meaningful workshop intended for all UM students. This event is catered, open to all students/faculty/staff, and fulfills a requirement of the President's Student Leadership Initiative.

Dining Etiquette Dinner

Tuesday, April 16, 2013 | 5:30 - 7:30 p.m. | SMC CC Ballrooms

Dining etiquette can be critical to career and job search success! Employers want to see perspective employees in social situations to observe how they conduct themselves, particularly if the job requires a certain standard of conduct with clients and superiors. This event will expose students to proper dining etiquette for general business use.

PSLI Award Ceremony

Thursday, April 18, 2013 | 5:30 - 7:30 p.m. | SMC CC Ballrooms

We will honor PSLI graduates as well as outstanding student groups on campus.

## OFFICE OF STUDENT DEVELOPMENT AND LEADERSHIP

The Office of Student Services has evolved into the Office of Student Development and Leadership. We are committed to offering educational programs, cultural and social activities, as well as providing leadership opportunities which enable our graduate and professional students to continue their development as holistic, knowledgeable, and sensitive professionals. Our efforts focus on refining each student's skills with a goal of creating emerging leaders who are able to work interprofessionally to address problems and fashion solutions for the challenges faced by our ever increasing global society.

We offer these learning experiences in support of the University of Maryland's threefold mission of: 1) education, 2) research, and 3) service – both - to the community in which we find ourselves and to the individual clientele who we care for everyday...here and beyond our campus borders.

### Master Mind Mini-Series

**Be Informed** Thursday, Sept. 20, 2012  
5:30 - 6:30 p.m. | SMC CC Ballrooms

Join author Marty Essen as he shares interesting facts and thousands of pictures from his award-winning book, *Cool creatures, Hot Planet: Exploring the Seven Continents*.

**Entrepreneurial Series** Tuesday, Sept. 25, 2012  
5:30 - 6:30 p.m. | SMC CC Ballroom A

This program is designed to take the business novice to another level in her/his understanding of "How to Start and Run a Business." Students who are interested in starting their own business will be exposed to critical information developed by experts to ensure that individuals know what it takes to succeed. This initiative has been developed by a partnership between Student Development and Leadership and The Office of Financial Education and Wellness.

**Student Leadership  
Overnight Retreat** Date: TBA  
Time: TBA | Donaldson Brown Conference Center

Executive members of the various student-governing associations in all schools and the campus-wide USGA will go to Donaldson Brown stay overnight (Friday) and spend the day on Saturday developing a sense of community among themselves and getting to know one another. This program will replace the Student Leadership Symposium held the USGA last semester.

On Becoming a More  
Effective Communicator  
in the Age of Technology  
and a Shrinking World

Date: TBA  
Time: TBA | SMC CC

This is a series of six workshops focusing on enhancing an individual's interpersonal skills. Such topics as "how to become a more effective listener" and "nonverbal intelligence" will be explored. Each participant's communication style will be analyzed and tips on how to enhance your effectiveness as a communicator will be discussed over sandwiches and drinks. Attendance at all six workshops is strongly encouraged. Registration is required.

## STUDENT FINANCIAL ASSISTANCE AND EDUCATION

Student Financial Assistance and Education provides assistance to any student who seeks to obtain funding to finance their educational cost. We believe that all students should develop a spending plan and make wise decisions before borrowing any money to finance their education. The financial aid programs have been developed to help students who have academic potential and limited financial resources. The programs are specifically directed at helping those students who would not be able to complete their education without support. Approximately 80% of students receive assistance through our office.

**Networking 101** Wednesday, Sept. 19, 2012 and Jan. 16, 2013  
Noon - 1 p.m. | SMC CC 351

Are you really connected? There is no better time than now to build and strengthen your network! This workshop explores strategies for forming and maintaining a strong circle of contacts, with an emphasis on effective use of social media. Learn ways to make connections and manage your online reputation through platforms such as a personal blog, Facebook and Twitter.

**Investing 101** Presenter: Tisa Silver-Canady  
Office of Financial Education and Wellness.  
Wednesday, Oct. 10, 2012 and Feb. 13, 2013  
Noon - 1 p.m. | SMC CC 351

What are stocks? How do they work? What is the Dow Jones? How do bonds make money? If you need answers to questions like these, stop by Investing 101. In this first installment of FEW's two-part series on Investing, you will learn the basics of investing and how to start investing using online resources.

**Investing 201: Jumpstart Your Plan for Retirement** Presenter: Tisa Silver-Canady  
Office of Financial Education and Wellness.  
Wednesday, Oct. 17, 2012 and Feb. 20, 2013  
Noon - 1 p.m. | SMC CC 351

Do you want to work until the full retirement age of 67? If not, you should begin thinking about retirement now. This second workshop in FEW's Investing series will introduce you to saving and investment strategies for retirement and how to set and meet your financial retirement goals. Although retirement seems far away, it is never too early to begin planning for it!

<p>How To Assess Benefit Packages with New Job Offers</p>	<p>Wednesday, Nov. 7, 2012 and March 13, 2013 Noon - 1 p.m.   SMC CC 351</p> <p>Which job offer is best for you? Salary is only one part of the financial picture. Many factors will go into your job selection including location, organizational culture, and potential for advancement and of course, the financial offer. Human resource experts will be on hand to show you how to evaluate the total compensation included in your job offer and how to make the best decision.</p>
<p>Tax Preparation</p>	<p>March 2013 Time: TBA   Location: TBA</p> <p>Students and staff can self-prepare their income tax returns online, on-campus for free (subject to income restrictions). An IRS-certified volunteer will be on site to answer questions and assist you with the online process. Presented by the Office of Student Financial Assistance and Education, the Office of Financial Education and Wellness, the School of Social Work Financial Social Work Initiative (FSWI) and the Baltimore CASH Campaign.</p>
<p>Credit Café Student Loans: Options for Consolidation, Repayment and Forgiveness</p>	<p>April 2013 Time: TBA   Location: TBA</p> <p>Join the Office of Financial Education and Wellness for an opportunity to print your free credit report and receive one-on-one financial counseling from the staff of Consumer Credit Counseling Service of Maryland and Delaware (CCCS). Bring valid photo identification in order to access your credit report. Appointments are encouraged, walk-ins accepted pending availability.</p>
<p>Student Loans: Options for Consolidation, Repayment and Forgiveness</p>	<p>Monday, May 6, 2013 10 a.m. - Noon   1 - 3 p.m.   SMC CC 351</p> <p>Do not wait until after graduation to prepare for student loan repayment. There are several options available for repayment including flexible repayment plans, loan consolidation, loan repayment assistance programs and loan forgiveness. Meet with staff from the Office of Student Financial Assistance and Education for an individual review of your repayment options. RSVP required, email FEWTalk@umaryland.edu.</p>

## UNIVERSITY RECREATION AND FITNESS

University Recreation and Fitness (URecFit) is committed to enriching the academic experience as well as encouraging the physical, mindful, cultural, spiritual, emotional, and social development of the UM community. We will provide comprehensive programs that support student and staff engagement, lifelong learning opportunities, and positive lifestyle changes that embrace and foster the mission of the University of Maryland. We value our students, staff, faculty, and patrons by providing opportunities for participation, involvement, learning, leadership, and development. We will continue to promote and foster a sense of campus community and campus-centeredness within UM.

As stewards of the campus recreational resources we will constantly attempt, whenever possible, to expand current facilities, act as a resource, and to accommodate the recreational, leisure, and wellness needs of the majority of the University community. Participants are encouraged to explore their limits, expand new horizons, and pursue healthy, active lifestyle choices.

### Food for Thought Series

Each Month URecFit will host a lunchtime event with topics aimed to improve the health, wellness and safety of the university community. Light refreshments will be available. Space is limited; to reserve your spot, please RSVP to [urecfit@maryland.edu](mailto:urecfit@maryland.edu).

#### National Campus Safety Awareness Month

Friday, Sept. 14, 2012  
12:15 - 1:15 p.m. | SMC CC 351

Join us to learn how to prevent crime, find resources for emergency situations, and take steps to prevent emergency situations. This event is co-sponsored by the University of Maryland Police Force.

#### Backpacking Essentials

Friday, Oct. 5, 2012  
12:15 - 1:15 p.m. | SMC CC 223

Learn what you need to take on your next backpacking excursion to help ensure your next backpacking trip is safe and enjoyable!

#### Bang for Buck

Friday, Nov. 9, 2012  
12:15 - 1 p.m. | SMC CC 353

Learn how to get a good workout quickly!

<p>National Drunk and Drugged Driving Prevention Month</p>	<p>Friday, Dec. 7, 2012 12:15 - 1:15 p.m.   SMC CC 415</p> <p>Join us to see what driving under the influence of alcohol and drugs can do. Students and members will be able to participate in activities designed to reinforce the consequences of alcohol misuse and abuse. This event is co-sponsored by the University of Maryland Police Force.</p>
<p>Intro to URecFit</p>	<p>Friday, Jan. 11, 2013 12:15 - 1 p.m.   SMC CC 351</p> <p>January's Food for Thought is designed to educate the University Community of the various programs and services URecFit has to offer.</p>
<p>Beginner Racquetball Clinic</p>	<p>Friday, Feb. 8, 2013 12:15 - 1 p.m.   Pratt Gym - Racquet Court 1</p> <p>February's Food for Thought is designed to show you how you can mix up your workout with a new sport - racquetball! Come and learn the rules of the game, serving techniques and various game strategies.</p>
<p>National Nutrition Month</p>	<p>Friday, March 8, 2013 12:15 - 1 p.m.   SMC CC 353</p> <p>March's Food for Thought session is designed to teach members how to make healthy nutrition choices.</p>
<p>Sexual Assault Awareness Month</p>	<p>Friday, April 12, 2013 12:15 - 1:15 p.m.   SMC CC 351</p> <p>April's Food For Thought session is designed to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence. The workshop will contain information about prevention, as well as ways of opening dialogues about issues and resources for victims of sexual violence. This event is co-sponsored by the University of Maryland Police Force.</p>
<p>Exercise Program Design</p>	<p>Friday, May 10, 2013 12:15 - 1 p.m.   SMC CC 353</p> <p>May's Food for Thought session is designed to teach members how to design a progressive periodized exercise program.</p>

## URecFit 101 Series

URecFit will present topics aimed to improve the overall health and wellbeing of the University Community. Space is limited, to reserve you spot, please RSVP to [urecfite@maryland.edu](mailto:urecfite@maryland.edu).

Run/Walk Clinic 101 Wednesday, Oct. 3, 2012  
1:01 - 2:01 p.m. | SMC CC 353

A workshop geared toward running and walking mechanics, proper shoe fitting and selection.

Nutrition 101 Wednesday, Nov. 7, 2012  
1:01 - 2:01 p.m. | SMC CC 353

A workshop about the basics of proper nutrition.

Spin 101 Wednesday, Dec. 5, 2012  
1:01 - 2:01 p.m. | SMC CC Spin Room 504

A workshop geared towards the basics of spinning.

Goal Setting 101 Wednesday, Jan. 2, 2013  
1:01 - 2:01 p.m. | SMC CC 353

A workshop geared towards setting and achieving your health and fitness goals.

TRX 101 Wednesday, Feb. 6, 2013  
1:01 - 2:01 p.m. | SMC CC Strength and Conditioning Room

A workshop geared towards the benefits, exercises, and safety of utilizing the TRX.

Yoga 101 Wednesday, March 6, 2013  
1:01 - 2:01 p.m. | SMC CC 415

A workshop geared towards those who have never done yoga.

Olympic Lifting 101 Wednesday, April 3, 2013  
1:01 - 2:01 p.m. | SMC CC Strength and Conditioning Room

A workshop geared towards proper Olympic lifting technique, form, and safety.

## Weight Training 101

Wednesday, May 1, 2013  
1:01 - 2:01 p.m. | SMC CC Fitness Floor

A workshop geared towards the basic principles of weight training and exercise selection.

## Crime Prevention

TBA | SMC CC 4th Floor, URecFit

October has become the official month for recognizing and celebrating the practice of crime prevention, while promoting awareness of important issues such as victimization, volunteerism, and creating safer, more caring communities. Safety Education presentations and activities are planned during this month to cover personal safety and victimization.

## RAD (Rape Aggression Defense) for Women, Fall

Sept. 17, 2012 through Oct. 31, 2012  
Noon - 1 p.m. or 5:30 - 6:30 p.m. | HSL Room LL02

Wednesday, Sept. 19, 2012  
Monday, Sept. 24, 2012  
Wednesday, Sept. 26, 2012  
Monday, Oct. 1, 2012  
Wednesday, Oct. 3, 2012  
Monday, Oct. 8, 2012  
Wednesday, Oct. 10, 2012

RAD basic program has its foundations in education and awareness. The course includes lecture, discussion, and self defense techniques, suitable for women of all ages and abilities. RAD assists meeting the needs and compliances of the Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act of 1998.

## RAD (Rape Aggression Defense) for Women, Spring

Feb. 19, 2013 - April 2, 2013  
Noon - 1 p.m. or 5:30 p.m. - 6:30 p.m. | HSL Room LL02

Tuesday, Feb. 19, 2013  
Thursday, Feb. 21, 2013  
Tuesday, Feb. 26, 2013  
Thursday, Feb. 28, 2013  
Tuesday, March 4, 2013  
Thursday, March 6, 2013  
Tuesday, March 11, 2013  
Thursday, March 13, 2013

RAD basic program has its foundations in education and awareness. The course includes lecture, discussion and self defense techniques, suitable for women of all ages and abilities. RAD assists in meeting the needs and compliance of the Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act of 1998.

**RAD for Men** Mondays/Wednesdays: 11/05-11/28, 2012  
5:30 - 7:30 p.m. | HSL Room LL02

Monday, Nov. 5, 2012  
Wednesday, Nov. 7, 2012  
Monday, Nov. 12, 2012  
Wednesday, Nov. 14, 2012  
Monday, Nov. 19, 2012  
Wednesday, Nov. 21, 2012  
Wednesday, Nov. 28, 2012

Resisting Aggression with Defense is a comprehensive course for men designed to raise awareness of the impact of aggressive behavior, recognize how aggressive behavior impacts participants' lives, encourage participants to take steps to avoid aggressive behavior, and to look at how individuals can be part of reducing aggression and violence.

**First Aid** Thursday, Aug. 23, 2012  
9 a.m. - 1 p.m. and 5:30 - 9:30 p.m. | SMC CC 311 or 351

Thursday, Oct. 25, 2012  
9 a.m. - 1 p.m. and 5:30 - 9:30 p.m. | SMC CC 311 or 351

Participants learn to recognize and care for a variety of first aid emergencies, such as burns, cuts and scrapes, sudden illnesses, head, neck and back injuries, and heat and cold emergencies. Upon completion, participants receive a certification that is valid for 2 years. Registration can be completed online at [www.eventbrite.com](http://www.eventbrite.com) and will cost \$50.

**Adult CPR/AED** Twice Monthly  
9 a.m. - 1 p.m. and 5:30 - 9:30 p.m. | SMC CC 349 or 351

Classes are taught by certified instructors from URecFit. Participants will learn how to perform CPR and care for breathing and cardiac emergencies in adults. Participants will also learn how to properly use an automatic external defibrillator. Upon completion, participants receive a certification that is valid for 2 years. Registration can be completed online at [www.eventbrite.com](http://www.eventbrite.com) and will cost \$50.

## National Safety Month

Month of June  
All Day | SMC CC 4th Floor, URecFit

During the month of June, please stop by the 4th Floor of the Campus Center to receive information about National Safety Month. The goal of national Safety Month is to educate and influence behaviors around the leading causes of preventable injuries and deaths. Information will also be available about campus and personal safety.

## CPR and AED Awareness Week

Free CPR/AED Classes  
Monday, Wednesday, Friday and Saturday, June 3 - 7, 2013  
Time: TBA | SMC CC 351

There will be three Adult CPR/AED classes on Monday, Wednesday, Friday and one BLS for the Healthcare provider on Saturday. Participants will learn how to perform CPR and care for breathing and cardiac emergencies in adults. Participants will also learn how to properly use an automatic external defibrillator. Upon completion, participants receive a certification that is valid for 2 years. Registration can be completed online at [www.eventbrite.com](http://www.eventbrite.com).

## Fitness Programs

### Group Exercise

Begins Monday, Sept. 10, 2012  
Various Times | Various Days

University Recreation and Fitness offers a wide variety of Group Exercise classes. The classes are available to UM students and current URecFit members at the SMC Campus Center. Classes are open to all fitness levels. You may attend any class, any day and any time you choose. It is never too late to try a class; however, be sure to read over our group exercise policies and procedures online at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit).

### Yoga: Tools for Health and Success Workshop

Sept. 10, 2012 through Oct. 29, 2012  
6:30 - 7:30 p.m. | SMC CC 349

Monday, Sept. 10, 2012  
Monday, Sept. 17, 2012  
Monday, Sept. 24, 2012  
Monday, Oct. 01, 2012

Women on Weights Sept. 11, 2012 through Oct. 30, 2012  
5:30 - 6:30 p.m. | SMC CC 349 or 351

Tuesday, Sept. 11, 2012  
Tuesday, Sept. 18, 2012  
Tuesday, Sept. 25, 2012  
Tuesday, Oct. 02, 2012

Yoga Beginner Series  
Workshop Nov. 5, 2012 through Nov. 26, 2012  
5:30 - 6:30 p.m. | SMC CC 349

A four-week workshop for beginners that want to learn the basics of yoga. A fee and registration is required. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

Mad Dogg Spin Workshop Saturday, Nov. 10, 2012  
7:30 a.m. - 5 p.m. | SMC CC 504

This comprehensive workshop will give you all the tools you need to become a certified Spinning instructor and lead your own class. A fee and registration is required. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

Jingle Bell Jog Friday, Dec. 7, 2012  
Starts at 12:15 p.m. | SMC CC Entrance

Free 5K race to embrace the spirit of the holidays and give back to the community by donating a gift to the URecFit sponsor family.

Fitness Fever Fridays  
January 11, 2013 through March 15, 2013  
5:30 - 7:30 p.m. | SMC CC 349

An eight-week program geared towards helping individuals lose weight and adopt healthy lifestyles. A fee and registration is required. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

## Special Events

Wellness Fair Wednesday, March 27, 2013  
10 a.m. - 2 p.m. | SMC CC Ballrooms A and B

The Wellness Fair is designed to inform students, faculty and staff about the issues impacting their own health and wellness. Informational tables, health and wellness readings, demonstrations, and give-a-ways.

## Sports, Intramurals, and Adventure Pursuits

**Sport Clubs** Date: Any date the club chooses to practice or compete  
Any Time | Pratt Gym, Off campus, Studio 415, 504

Participants will engage with peers, have fun, set up practices and competitions with other schools, and govern their clubs autonomously within the policies of the program. Officers will designate budget, vote on issues and provide goals for the longevity of the program. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

**Partner Request Program** Ongoing | Any Time | Pratt Gym

Participants can request to be added to our partner request list. They are given the contact information of other participants looking for a partner in that same sport. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

**Racquetball Ladder** Ongoing | Anytime | Pratt Gym

Participants will challenge each other throughout the semester in racquetball. Players can choose as many or as few games they would like to play. Great for all skill levels. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

**Flag Football League** Tuesdays  
Sept. 11, 2012 - Oct. 16, 2012  
6 - 10 p.m. | Swann Park

Students will participate in a flag football league designed to encourage communication and camaraderie between the universities schools. Intramural team captains must attend the Captain's meeting on 9/4/12. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

**Learn to Play Racquetball** Monday, Sept. 10, 2012  
5:30 - 6:15 p.m. | Racquet Court #1

Participants will engage peers, learn rules of the game, and practice their newly acquired skills. Just in time for the ladder that starts on 9/17! Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

<p><b>Badminton Tournament</b></p>	<p>Monday and Tuesday, Sept. 17-18, 2012 6 p.m. - until finish   Pratt Gym</p> <p>Participants will compete in a badminton tournament, perfect for all skill levels. Please check on-line at <a href="http://www.umaryland.edu/urecfit">www.umaryland.edu/urecfit</a> for more information.</p>
<p><b>Women's Exhibition Powder Puff Game</b></p>	<p>Tuesday, Oct. 16, 2012 Starts at 7 p.m.   Swann Park</p> <p>Female students will participate in a powder puff flag football game, designed to encourage female participation. Please check on-line at <a href="http://www.umaryland.edu/urecfit">www.umaryland.edu/urecfit</a> for more information.</p>
<p><b>Sports Trivia Contest</b></p>	<p>Every Week in Oct. All Day   Pratt Gym</p> <p>Test your sports IQ! One test will be distributed weekly over a five-week period. Questions include everything from basketball to bowling. Please check on-line at <a href="http://www.umaryland.edu/urecfit">www.umaryland.edu/urecfit</a> for more information.</p>
<p><b>Indoor Volleyball League</b></p>	<p>Oct. 15, 2012 through Nov. 12, 2012 6 - 10 p.m.   Pratt Gym</p> <p>Monday, Oct. 15, 2012 Monday, Oct. 22, 2012 Monday, Oct. 29, 2012 Monday, Nov. 05, 2012 Monday, Nov. 12, 2012</p> <p>Participants will compete in a 6-v-6 indoor volleyball league. Perfect for both the beginner and expert! Team captains must attend the Captain's Meeting on 10/9/12. Please check on-line at <a href="http://www.umaryland.edu/urecfit">www.umaryland.edu/urecfit</a> for more information.</p>
<p><b>Indoor Soccer Tournament</b></p>	<p>6 - 10 p.m.   Pratt Gym</p> <p>Wednesday, Oct. 17, 2012 Wednesday, Oct. 24, 2012 Wednesday, Oct. 31, 2012</p> <p>Participants will compete in a fast-paced indoor soccer tournament. This tournament will take place over a three-week period. Please check on-line at <a href="http://www.umaryland.edu/urecfit">www.umaryland.edu/urecfit</a> for more information.</p>

3 on 3 Basketball  
Tournament

6 - 9 p.m. | Pratt Gym

Tuesday, Nov. 6, 2012  
Wednesday, Nov. 7, 2012  
Tuesday, Nov. 13, 2012

Don't want to sit on the bench? Can't wait for more basketball? Join us for fast paced 3-v-3 tournament! Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

Adventure Pursuits:  
Climbing Day

Sunday, Nov. 11, 2012  
10 a.m. - Noon | JHU

Break free from the norm! Participants will have the experience of climbing a rock wall. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

Run Around the  
World in 80 days

Wednesday, Jan. 2, 2013  
Anytime | Running Track

Participants will log their miles on the running track and track their progress "around the world" and earn prizes for benchmark progress points. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

Adventure Pursuits: Ski and  
Snowboard Canada

Jan. 4-15, 2013  
All Day | Canada

Join other area Universities in winter fun in Canada. Trip includes transportation, lodging, and lift tickets. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

Learn 2 Play Squash

Thursday, Jan. 31, 2013  
5:30 - 6:15 p.m. | Racquet Court #1

Participants will engage peers, learn rules of the game, and practice. Just in time for the squash ladder that starts on 2/5/13! Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

<p>Indoor Volleyball Tournament</p>	<p>6 - 10 p.m.   Pratt Gym</p> <p>Monday, Feb. 4, 2013 Monday, Feb. 11, 2013 Monday, Feb. 18, 2013</p> <p>Participants will compete in an indoor volleyball tournament. This tournament will take place over a three-week period. Please check on-line at <a href="http://www.umaryland.edu/urecfit">www.umaryland.edu/urecfit</a> for more information.</p>
<p>5 on 5 Basketball League</p>	<p>Begins Tuesday, Feb. 5, 2013 (Tues/Wed for 6 weeks) 5 - 10:30 p.m.   Pratt Gym</p> <p>Students and members will participate in a basketball league designed to encourage communication and camaraderie between the University's schools. Team captains must attend the Captain's Meeting on 1/29/13. Please check on-line at <a href="http://www.umaryland.edu/urecfit">www.umaryland.edu/urecfit</a> for more information.</p>
<p>Squash Ladder</p>	<p>Feb. 5, 2013 through March 29, 2013 Anytime   Pratt Gym</p> <p>Participants will challenge each other throughout the semester in squash. Players can choose as many or as few games they would like to play. Great for all skill levels. Please check on-line at <a href="http://www.umaryland.edu/urecfit">www.umaryland.edu/urecfit</a> for more information.</p>
<p>Table Tennis Ladder</p>	<p>Feb. 5, 2013 through March 29, 2013 Anytime   Pratt Gym</p> <p>Participants will challenge each other throughout the semester in table tennis. Players can choose as many or as few games they would like to play. Great for all skill levels. Please check on-line at <a href="http://www.umaryland.edu/urecfit">www.umaryland.edu/urecfit</a> for more information.</p>
<p>NCAA Bracket Pool Contest</p>	<p>Feb. 12, 2013 through April 9, 2013 Anytime   Pratt Gym</p> <p>Students, staff, and members make their choice for who will win the NCAA March Madness. Participants receive Poe Cup points and bragging rights. Please check on-line at <a href="http://www.umaryland.edu/urecfit">www.umaryland.edu/urecfit</a> for more information.</p>

3 Point Shooting Contest 6 - 7 p.m. | Pratt Gym

Tuesday, Feb. 19, 2013  
Wednesday, Feb. 20, 2013  
Tuesday, Feb. 26, 2013

Test your skills! Come out and shoot for 3! Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

Indoor Soccer League Date: TBD  
Time: TBD | Location: TBD

Students and members will participate in a indoor soccer league designed to encourage communication and camaraderie between the University's schools. Team captains must attend the Captain's Meeting. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

Poe Cup Challenge Monday, April 29, 2013  
5 - 7 p.m. | SMC CC

The professional school with the most Poe Cup points accumulated over the year will participate in a happy hour to celebrate their achievements in regards to intramural sports and events. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

Charity Golf Tournament Thursday, May 23, 2013  
7 a.m. - 4 p.m. | Oakmont Green Golf Club

The 28th annual UM charity golf tournament will benefit SWOCS! It's a great day of golf, sunshine, and fun! Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

Co-Rec Softball League Begins Tuesday, June 11, 2013 (Tues/Wed for 6 weeks)  
6 - 9 p.m. | Unger's Field

Students will participate in a summer softball league. Fun for all! Team captains must attend the Captain's Meeting on 6/5/13. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

Tennis League June 10, 2013 through July 26, 2013  
Anytime | TBD

Tennis is for those who want to get out and enjoy the summer! All skill levels welcome. Please check on-line at [www.umaryland.edu/urecfit](http://www.umaryland.edu/urecfit) for more information.

## WELLNESS HUB

The University of Maryland Wellness and Academic-Life Balance Program assists students in achieving a state of academic-life balance within the dimensions of physical, emotional, social, cultural, ethical, intellectual, environmental, and financial wellness. The Wellness Hub creates opportunities for growth and development to ensure that UM students flourish academically, professionally, and personally. The Wellness Hub achieves its mission by offering interdisciplinary programming and tailoring services to meet the unique needs of graduate and professional students.

The Wellness and Academic Life Balance Program offers a variety of inter-disciplinary programs through initiatives such as Wellness Grand Rounds, In Sync: Academic-Life Balance, and The Hungry Mind. The Wellness Hub also provides services such as one-on-one wellness coaching, online wellness assessments, and maternal support orientations and events. The Wellness Hub is located on the 3rd Floor of the SMC Campus Center and houses the Lactation Center and Relaxation Room.

Programs for the Green Room were added to the Wellness and Academic-Life Balance program for the 2012 - 2013 academic year. This is a multipurpose and resource space for the UM community. It will be a center for administrative and student-sponsored programming focused on environmentally friendly initiatives such as recycling, commuting by bike or public transportation, and sustainable sourcing for food and gardening.

The Green Room may be reserved by student groups to run programs about sustainability, environmental and social justice issues, as well as administrative co-curricular programs. The space will also have a diversity of information resources to educate the community on events and initiatives in the community, hosting a Book Swap library and vertical wall gardens in the facility to educate on recycling, materials, and waste, biodiversity, and climate and energy sources.

### Wellness Grand Rounds

#### Acupuncture in Primary Care

Presenter: Dr. Lao, LAC  
Thursday, Sept. 20, 2012  
12:15 - 1:30 p.m. | SMC CC Room 311

Acupuncture is an ancient Chinese healing modality that has been used for thousands of years. It recently became popular in the USA and has been incorporated into mainstream medical practice. The Food and Drug Administration (FDA) labeled acupuncture as an approved medical service in 1996. Dr. Lao, a licensed acupuncturist and the director of the traditional Chinese medicine program in the Center for Integrative Medicine (CIM), School of Medicine, will discuss this use of acupuncture in primary care and its role in promoting health.

### Food As Medicine

Presenter: Chris D'Adamo, PhD  
Thursday, Oct. 25, 2012  
12:15 - 1:30 p.m. | SMC CC Room 311

We all need food to survive, but what foods help us stay healthy? Join Chris D'Adamo, PhD, from the Center for Integrative Medicine on a dynamic discussion around the history of medicinal uses of foods, current research in the field, and practical tips on using foods to promote optimal health.

### Religion, Spirituality, and Health

Presenter: Michelle Pearce, PhD  
Thursday, Jan. 31, 2013  
12:15 - 1:30 p.m. | SMC CC Room 311

What is the connection between religious/spiritual beliefs and health? Does that connection have to be taken on faith, or is there scientific proof? Extensive research has revealed intriguing answers to these questions. Come learn about the various ways religious beliefs and spirituality affect physical and emotional health. We will also explore potential reasons for these relationships, including mind-body mechanisms. Evidence-based suggestions will be offered on how you can benefit from the power of faith, regardless of your religious and spiritual beliefs.

### Positive Psychology: The Science of Happiness

Presenter: Delia Chiamonte, MD  
Thursday, Feb. 28, 2013  
12:15 - 1:30 p.m. | SMC CC Room 311

Why are some people happier than others? Can happiness be learned? If you want to learn to run faster it makes sense to study the fastest runners, and if you want to learn how to be happy it makes sense to study the happiest people. The new field of Positive Psychology does just that. Evidence is accumulating that specific behaviors can increase our optimism and happiness. Come learn about the science of happiness and what you can do in your own life to increase your happiness quotient. This seminar features Dr. Delia Chiamonte from the Center for Integrative Medicine.

Medical Qigong and Its  
Applications in  
Stress Management

Presenter: Kevin Chen, PhD  
Thursday, March 14, 2013  
5:30 - 7 p.m. | SMC CC Room 351

Qigong is part of traditional Chinese medicine practice with a thousand years of history. This practice is characterized by mind-body exercises that integrate adjustments of breathing, mind and body into one. This introductory lecture will offer basic concepts of medical qigong, explain the significance of concept Qi and mind-body integration in Chinese medicine and offer the known mechanisms of qigong meditation for stress management. Participants will learn the basic postures and skills in qigong practice, and apply them in daily stress management.

Motivational  
Enhancement and  
Commitment to Change

Presenter: Michael Earley, Center for Integrative Medicine  
Thursday, April 18, 2013  
5:30 - 7 p.m. | SMC CC Room 351

Michael Earley, PhD candidate in psychology at UMBC and graduate assistant at the Center for Integrative Medicine, will present on the science and practicalities of motivation and behavior change. At some point we have all wanted to make a change, whether to stop smoking, exercise more, eat different, get to bed earlier etc. This presentation will address what we know about change, what makes it so difficult to accomplish, and what we can do to maximize our chances of success.

**The Hungry Mind/Green Room**

Make Your Work Place  
a Sustainable Space

Tuesday, Sept. 11, 2012  
Noon - 1 p.m. | SMC CC Room 351

From unplugging the coffee pot to getting an office plant--in this workshop we're offering quick and simple tips for greening your office space!

The Sustainable Event

Presenter: Nancy Gordon, senior director of University Events  
Thursday, Sept. 27, 2012

Noon - 1 p.m. | SMC CC Room 351  
Planning an event on campus? Want to make it sustainable? Nancy Gordon, senior director of University Events has the low down.

Rain Barrels 101:  
Saving for a Sunny Day

Thursday, Oct. 11, 2012  
Noon - 1 p.m. | SMC CC Room 351

Interested in installing rain barrels at your home or just want to learn how to conserve water? Come to this workshop by Blue Water Baltimore to learn how easy it is to set up your own rain barrels!

Where Do We Go  
From Here?: "Gasland"  
Screening and Discussion

Wednesday, Oct. 17, 2012  
5:30 - 7:30 p.m. | SMC CC Room 351

The boom in natural gas drilling, a process called "fracking," raises concerns about health and environmental risks. Learn more at this screening of the documentary "Gasland."

Take Back the Tap!

Wednesday, Oct. 31, 2012  
Noon - 1 p.m. | SMC CC Room 351

Take Back the Tap is a University sustainability initiative that promotes drinking tap water and reducing the use of bottled water. In this session learn how simple it is for you to take action.

Treasure the Chesapeake:  
How Can We  
Save Our Bay?

Monday, Nov. 5, 2012  
Noon - 1 p.m. | SMC CC Room 351

What can you do to help save the bay? The Chesapeake Bay Foundation is coming to UM talk about pollution and restoration.

Where Do We Go From  
Here?: "Food, Inc."  
Screening and Discussion

Thursday, Nov. 8, 2012  
5:30 - 7:30 p.m. | SMC CC Room 351

Want to learn about the American food industry? Come out for a screening of "Food, Inc.", a documentary that "reveals surprising — and often shocking truths" about where our food comes from and how it's produced. Panel discussion to follow.

Kill a Watt:  
An Energy Audit How To

Monday, Nov. 26, 2012  
Noon - 1 p.m. | SMC CC Room 351

How can we reduce our energy consumption at work and at home? Baltimore Energy Challenge has a few ideas. Come out to this workshop and start saving energy and money.

Mass Transit  
Town Hall Meeting

Tuesday, Jan. 29, 2013  
Noon - 1:30 p.m. | SMC CC Ballroom B

Join the Wellness Hub and UM Go Green for a Town Hall with University and Baltimore City representatives about mass transit.

Combatting the  
Urban Food Desert

Combatting the Urban Food Desert  
Thursday, Feb. 7, 2013  
Noon - 1 p.m. | SMC CC Room 351

Join the Wellness Hub and UM Go Green in a conversation with the Center for a Livable Future about improving food security in Baltimore.

Apples, Peaches, and  
Plums: The Baltimore  
Orchard Project

Thursday, Feb. 21, 2013  
Noon - 1 p.m. | SMC CC Room 351

How can we bring fresh fruit to all in our city? Join us and the Baltimore Orchard Project to find out!

The Backyard Gardener

Monday, March 11, 2013  
Noon - 1 p.m. | SMC CC Room 351

Get ready to start your own garden with help from the University of Maryland Extension.

Take the Bike Lane

Tuesday, March 26, 2013  
Noon - 1 p.m. | SMC CC Room 351

Bike lanes are popping up all over Baltimore City. How can you use them safely? Light Street Cycles will talk about urban biking and share tips on bike repair.

Pollinators 101: Let Me Tell  
You About the  
Birds and the Bees

Thursday, April 4, 2013  
Noon - 1 p.m. | SMC CC Room 351

Did you know that one-third of the food you eat grows from pollination? Hear the buzz about pollinators at this workshop with Cylburn Arboretum.

The Hoop House:  
Urban Farming in  
Baltimore

Wednesday, April 10, 2013  
Noon - 1 p.m. | SMC CC Room 351

What is sustainable agriculture? How can you farm in the city? Civic Works' Real Food Farm is doing it all and delivering fresh produce all over Baltimore City.

Let's Cook Locally!

Tuesday, April 16, 2013  
Noon - 1 p.m. | SMC CC Room 351

Join Chef Jerry Pellegrino from Waterfront Kitchen for a workshop on cooking with local foods.

Work Day:  
Fruit Tree Planting

Monday, April 29, 2013  
Noon - 1 p.m. | SMC CC Room 351

Plant fruit trees with TreeBaltimore and the Baltimore Orchard Project, while learning about the importance of urban green spaces and fresh fruit for all!

### In Sync: Academic-Life Balance

Graduate School  
Survival Tools

Monday, Aug. 27, 2012  
12:15 - 1:15 p.m. | SMC CC Room 351

This workshop is designed for new UM students who are interested in sharpening their academic survival skills and familiarize themselves with their new environment. Focus will be on helping students understand the nature of higher academic expectations, its impact on the student's emotional resilience and early development of strategies to maintain a healthy level of motivation and a balanced lifestyle.

Mental Health  
Screening Day

Presented by Student Counseling Center Staff  
Date: TBA  
Time: TBA  
Location: SMC CC 3rd Floor

You will be able to use screening tools to self-assess your mental well being. You will also have the opportunity to confidentially meet with a licensed professional counselor to interpret the results and offer recommendations. Remember, good mental health is key to wellness and academic-life balance.

End Your  
Procrastination

Wednesday, Sept. 12, 2012  
12:15 - 1:15 p.m. | SMC CC Room 311

"I do my work at the same time every day - the last minute." Does this sound like you? Don't delay! Come to this workshop and learn to minimize behaviors that can sabotage your best intentions.

Healthy Relationships

Presenter: Jenna Silverman, Ph.D.  
Monday, Sept. 24, 2012  
12:15 - 1:15 p.m. | SMC CC Room 311

It's been said that no one is an island. And it's true: good relationships are essential to our happiness and emotional health. Attend this session on maintaining and finding healthy relationships from Dr. Jenna Silverman of the University of Maryland Counseling Center.

Managing  
Stress and Anxiety

Friday, Oct. 5, 2012  
12:15 - 1:15 p.m. | SMC CC Room 311

Why worry? Academic, interpersonal, and job pressures can take their toll if you let them. Learn effective techniques to manage the stress and anxiety of daily life.

The Art of  
Assertiveness

Friday, Oct. 19, 2012  
12:15 - 1:15 p.m. | SMC CC Room 311

Do you have trouble saying "no?" Do you tend to take care of others' wants at the expense of your own needs? Are you a people-pleaser? Learn how to get the most out of your interpersonal relationships by recognizing and respecting your own needs.

The Winter Blues:  
Seasonal Affective  
Disorders

Presenter: Jenna Silverman, Ph.D.  
Tuesday, Oct. 30, 2012  
12:15 - 1:15 p.m. | SMC CC Room 311

Does the cooler weather also bring the "blues"? Dr. Jenna Silverman will help you to learn about Seasonal Affective Disorder and ways to treat it.

Mindful Eating and  
Healthy Bodies

Monday, Nov. 5, 2012  
12:15 - 1:15 p.m. | SMC CC Room 311

Attend this session to learn what causes problems with body image and eating patterns. This includes eating way too much, way too little and using food as a form of comfort. Learn ways of addressing these issues to get yourself on your way to a healthier lifestyle.

How to Set and Achieve  
Healthy Lifestyle Goals

Presenter: Michelle Pearce, PhD  
Thursday, Nov. 29, 2012  
12:15 -1:30 p.m. | SMC CC Room 311

Most of us already know what we need to do to be healthier. What we often struggle with is how to translate this knowledge into action. This workshop, offered by Michelle Pearce, PhD, from the Center for Integrative Medicine, will teach you helpful strategies to not only make healthy lifestyle goals, but also to achieve them.

Change Your Thoughts,  
Change Your Life

Presenter: Michelle Pearce, PhD  
Thursday, Feb. 7, 2013  
10 -11 a.m. | SMC CC Room 311

"You are what you think." Learn just how true this famous statement is and how to use this knowledge to transform your life. You will learn evidence-based strategies to change habitual thinking patterns and will be given the chance to practice these strategies during this workshop.

Diet Myths: How to Spring  
Break Them Down

Monday, Feb. 25, 2013  
12:15 - 1:15 p.m. | SMC CC Room 311

Have you noticed the social pressure to diet prior to spring break? Learn why this approach is counterproductive for long-term weight loss and harmful to your mental health.

Self Esteem Boosters

Tuesday, March 5, 2013  
12:15 - 1:15 p.m. | SMC CC Room 311

Learn how to overcome negative thinking patterns and become more confident. Challenge the simplistic view that confidence is a trait you were either born with or without.

Mindful Eating and  
Nutrition

Presenter: Michelle Pearce, PhD and Chris D'Adamo, PhD  
Thursday, March 15, 2012  
12:15 -1:30 p.m. | SMC CC Room 311

Join Michelle Pearce, a health psychologist, and Chris D'Adamo, a certified nutrition consultant and personal trainer, to learn how to have a healthy relationship with food. These experts will also help you make sense of all the conflicting advice about nutrition. A healthy lunch will be served and eaten mindfully!

Snooze or Lose It!

Tuesday, April 2, 2013  
12:15 - 1:15 p.m. | SMC CC Room 311

Having problems falling or staying asleep? Learn about common sleep problems and ways to improve your sleep.

Relaxation Exercises:  
Instant Calm

Friday, April 12, 2013  
12:15 - 1:15 p.m. | SMC CC Room 311

The stress of school and developing interpersonal relationships can be overwhelming. Attend this session to learn techniques to relax your mind and body. Please wear comfortable clothing, and be prepared to relax.

Happiness:  
Puppy Love

Friday, Dec. 7, 2012  
11 a.m. - 2 p.m. | SMC CC Room 349

Friday, May 03, 2013  
11 a.m. - 2 p.m. | SMC CC Room 349  
Finals are right around the corner. Take advantage of this unique opportunity to interact with animals and reduce your stress. Maryland's BARCS will bring its furry friends to the SMC Campus Center for all to enjoy.

## WRITING CENTER

Creating strong writers is about more than correcting weak writing. That is why the Writing Center offers programs designed to help students become skilled, successful, and self-sufficient writers. Students attending our workshops can expect to actively expand their critical thinking, revision, and self-editing skills as our presenters use their papers as an opportunity for learning.

**Invention Workshop:  
Generating Good Ideas** Tuesday, Sept. 25, 2012  
1 - 2 p.m. | SMC CC 353

Few things are as intimidating as staring at a blank page, waiting for a good idea to arrive. This workshop will explore time-tested techniques for finding ideas and having something interesting to say about them.

**Beginning the Dissertation** Thursday, Oct. 4, 2012  
1 - 2 p.m. | SMC CC 311

The choice of a dissertation subject is crucial. This workshop identifies factors that candidates should consider, including how to develop research interest in to an appropriate thesis subject, the scope of a thesis subject, and the relationship of a thesis subject to the mentor's area of research.

**Self-Editing Strategies  
for Non-Native  
Speakers of English** Tuesday, Oct. 16, 2012 | 1 - 2 p.m. | SMC CC 353  
Thursday, March 14, 2013 | 5 - 6 p.m. | SMC CC 353

This workshop is designed to help ESL students become more confident and independent in their writing. We will review common errors and provide concrete strategies for successful writing in English.

**Abstract Workshop** Tuesday, Oct. 23, 2012 | 1 - 2 p.m. | SMC CC 353  
Wednesday, April 3, 2013 | 1 - 2 p.m. | SMC CC 353

This session will help graduate students write the abstracts required for journal articles, conference papers, and fellowship applications. We will consider the elements of convincing abstracts in various disciplines. Then, students will assemble their own abstracts, piece by piece. If possible, students should bring a draft of their article or paper for this hands-on workshop.

Revision Workshop:  
Strategies for Revising  
Longer Texts

Wednesday, Nov. 7, 2012 | 5 - 6 p.m. | SMC CC 353  
Thursday, March 27, 2013 | 5 - 6 p.m. | SMC CC 353

This hands-on workshop will provide revision strategies for longer texts in addition to suggestions for improvement at the sentence level. We will look at common problems like the overuse of weak verbs, passive voice, and nominalizations as well as offer specific tips to strengthen clarity, organization, and flow. Students should bring a hard copy of their work.

Argument Workshop

Friday, Feb. 15, 2013  
1 - 2 p.m. | SMC CC 353

Though important, no amount of grammatical correctness can cover up a shoddy idea; a well-crafted argument is the basis of successful and persuasive writing. This workshop will address the fundamentals of analyzing and crafting arguments.

Finishing the Dissertation

Tuesday, Feb. 19, 2013  
1 - 2 p.m. | SMC CC 353

Finishing a dissertation can be just as nerve wrecking as beginning one. This workshop will look at proper formatting, citing and incorporating sources, and preparing a document for print.

## CAMPUS LABS ASSESSMENT TOOLS

**CampusLabs: Baseline** Baseline provides a centralized location for assessment activities and dates. This tool collects and reports data to assess student learning. In addition, Baseline creates dashboards that show progress over time and documents key performance indicators.

**CampusLabs: Compliance Assist/Planning** Compliance Assist helps to create strategic plans, annual reports, and assessment plans by documenting progress toward goals, defining objectives, and finding outcomes. This tool can be used to organize planning documents and reports at the institutional, divisional, or departmental level.

**CampusLabs: CollegiateLink Base** CollegiateLink helps align involvement opportunities with institutional, divisional, or departmental learning outcomes. It empowers students to manage and grow their organizations through tools designed by experts. In addition, CollegiateLink enhances administration functionality through organization registration, event management, and elections.

## **SENIOR LEADERSHIP**

Bruce Jarrell, MD, FACS  
Chief Academic and Research Officer, Senior Vice President,  
and Dean of the Graduate School

Roger Ward, EdD, JD, MPA  
Chief Accountability Officer and Associate Vice President

Flavius Lilly, MPH  
Assistant Vice President

## **REPORT DESIGN**

Jenny Owens, MS  
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