

CAMPUS LIFE SERVICES

Student Engagement Plan

2014 | 2015



STUDENT ENGAGEMENT PLAN

2014

2015

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CAMPUS LIFE SERVICES

2014-2015 Student Engagement Plan

PURPOSE

During the summer of 2014, the Campus Life Services Leadership team developed this Student Engagement Plan 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, Baltimore. 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. Knowledge acquisition, construction, integration, and application
2. Cognitive Complexity
3. Intrapersonal development
4. Interpersonal competence
5. Humanitarianism and Civic Engagement
6. Practical competence

LEARNING OUTCOMES

Knowledge Acquisition, Construction, Integration, and Application

Understanding knowledge from a range of disciplines

Possesses knowledge of human cultures and the physical world; possesses knowledge of [a specific] one or more subjects

Connecting knowledge to other knowledge, ideas, and experiences

Uses multiple sources of information and their synthesis to solve problems; knows how to access diverse sources of information such as the internet, text observations, and data bases

Constructing knowledge

Personalizes learning; makes meaning from text, instruction, and experience; uses experience and other sources of information to create new insights; generates new problem-solving approaches based on new insights; recognizes one's own capacity to create new understandings from learning activities and dialogue with others

Relating knowledge to daily life

Seeks new information to solve problems; relates knowledge to major and career decisions; makes connections between classroom and out-of-classroom learning; articulates career choices based on assessment of interests, values, skills, and abilities; provides evidence of knowledge, skills, and accomplishments resulting from formal education, work experience, community service, and volunteer experiences, for example in resumes and portfolios

Cognitive Complexity

Critical thinking

Identifies important problems, questions, and issues; analyzes, interprets, and makes judgments of the relevance and quality of information; assesses assumptions and considers alternative perspectives and solutions

Reflective thinking

Applies previously understood information, concepts, and experiences to a new situation or setting; rethinks previous assumptions

Effective reasoning

Uses complex information from a variety of sources including personal experience and observation to form a decision or opinion; is open to new ideas and perspectives

Creativity

Integrates mental, emotional, and creative processes for increased insight; formulates a new approach to a particular problem

Intrapersonal Development

Realistic self-appraisal, self-understanding, and self-respect

Assesses, articulates, and acknowledges personal skills, abilities, and growth areas; uses self-knowledge to make decisions such as those related to career choices; articulates rationale for personal behavior; seeks and considers feedback from others; critiques and subsequently learns from past experiences; employs self-reflection to gain insight; functions without need for constant reassurance from others; balances needs of self with needs of others

Identity development

Integrates multiple aspects of identity into a coherent whole; recognizes and exhibits interdependence in accordance with environmental, cultural, and personal values; identifies and commits to important aspects of self

Commitment to ethics and integrity

Incorporates ethical reasoning into action; explores and articulates the values and principles involved in personal decision-making; acts in congruence with personal values and beliefs; exemplifies dependability, honesty, and trustworthiness; accepts personal accountability

Living a purposeful and satisfying life

Makes purposeful decisions regarding balance among education, work, and leisure time; acts in congruence with personal identity, ethical, spiritual, and moral values. Develops and articulates personal belief system; understands roles of spirituality in personal and group values and behaviors; critiques, compares, and contrasts various belief systems; explores issues of purpose, meaning, and faith

Interpersonal Competence

Meaningful relationships

Establishes healthy, mutually beneficial relationships with others; treats others with respect; manages interpersonal conflicts effectively; demonstrates appropriately assertive behavior

Interdependence

Seeks help from others when needed and offers assistance to others; shares a group or organizational goal and works with others to achieve it; learns from the contributions and involvement of others; accepts supervision and direction as needed

Collaboration

Works cooperatively with others, including people different from self and/or with different points of view; seeks and values the involvement of others; listens to and considers others' points of view

Effective leadership

Demonstrates skill in guiding and assisting a group, organization, or community in meeting its goals; identifies and understands the dynamics of a group; exhibits democratic principles as a leader or group member; communicates a vision, mission, or purpose that encourages commitment and action in others

Understanding and appreciation of cultural and human differences

Understands one's own identity and culture; seeks involvement with people different from oneself; articulates the advantages and impact of a diverse society; identifies systematic barriers to equality and inclusiveness, then advocates and justifies means for dismantling them; in interactions with others, exhibits respect and preserves the dignity of others

Humanitarianism and Civic Engagement

Global perspective

Understands and analyzes the interconnectedness of societies worldwide; demonstrates effective stewardship of human, economic, and environmental resources

Social responsibility

Recognizes social systems and their influence on people; appropriately challenges the unfair, unjust, or uncivil behavior of other individuals or groups; participates in service/volunteer activities that are characterized by reciprocity; articulates the values and principles involved in personal decision-making; affirms and values the worth of individuals and communities

Sense of civic responsibility

Demonstrates consideration of the welfare of others in decision-making; engages in critical reflection and principled dissent; understands and participates in relevant governance systems; educates and facilitates the civic engagement of others

Practical Competence

Pursuing goals

Sets and pursues individual goals; articulates rationale for personal and educational goals and objectives; articulates and makes plans to achieve long-term goals and objectives; identifies and works to overcome obstacles that hamper goal achievement

Communicating effectively

Conveys meaning in a way that others understand by writing and speaking coherently and effectively; writes and speaks after reflection; influences others through writing, speaking or artistic expression; effectively articulates abstract ideas; uses appropriate syntax and grammar; makes and evaluates presentations or performances; listens attentively to others and responds appropriately

Technological competence

Demonstrates technological literacy and skills; demonstrates the ethical application of intellectual property and privacy; uses technology ethically and effectively to communicate, solve problems, and complete tasks; stays current with technological innovations

Managing personal affairs

Exhibits self-reliant behaviors; manages time effectively; develops strategies for managing finances

Managing career development

Takes steps to initiate a job search or seek advanced education; constructs a resume based on clear job objectives and with evidence of knowledge, skills, and abilities; recognizes the importance of transferrable skills

Demonstrating professionalism

Accepts supervision and direction as needed; values the contributions of others; holds self accountable for obligations; shows initiative; assesses, critiques, and then improves the quality of one's work and one's work environment

Maintaining health and wellness

Engages in behaviors and contributes to environments that promote health and reduce risk; articulates the relationship between health and wellness in accomplishing goals; exhibits behaviors that advance the health of communities

EDUCATIONAL SUPPORT AND DISABILITY SERVICES

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.

Disability Services Orientation

Tuesday, Sept. 2, 2014 | 3–4 p.m.

Wednesday, Sept. 3, 2014 | 1–2 p.m.

SMC Campus Center, Room 353

Meet the Disability Services staff and learn about services offered, resources for students on campus, requesting accommodations, and working with faculty.

Time Management

Tuesday Sept. 23, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Start your semester on the right foot! This interactive workshop guides students through 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.

Disability Awareness Month Matinée: Lives Worth Living

Wednesday, Oct. 1, 2014 | 1:30–2:30 p.m.

SMC Campus Center, Room 351

People with disabilities are one of the largest minorities in the United States, but for most of American history they occupied a sub-class of millions without access to everyday things most citizens take for granted: schools, apartment buildings, public transportation, and more. Directed by Eric Neudel, *Lives Worth Living* traces the development of consciousness of a small group of determined people who realized that in order to change the world they needed to work together. Popcorn will be provided.

Co-Sponsored by the School of Pharmacy, the School of Nursing, the School of Dentistry, Human Resources Services, and the Office of Academic Affairs.

Disability Awareness Month Spotlight Artist: Make Studio

Thursday, Oct. 2, 2014 | Noon–2 p.m.

SMC Campus Center, First Floor Fireplace Lounge

Make Studio believes that providing avenues for communication, connection, & empowerment to artists with disabilities equally benefits the individual and the community and aim to put art and abilities to work, ultimately making a more inclusive Baltimore. We are pleased to exhibit the works of the Make Studio Artists in honor of Disability Awareness Month. Meet the artists whose work will be on display all month long.

Co-Sponsored by the School of Pharmacy, the School of Nursing, the School of Dentistry, Human Resources Services, and the Office of Academic Affairs.

ADA Awareness

Monday, Oct. 6, 2014 | Noon–1 p.m.

SMC Campus Center, Room 311

What is ADA anyway? We will be discussing ADA laws and their impact on higher education. Learn about how ADA impacts various groups at UMB including students, faculty and staff.

Learning Strategies: Effective Note-Taking

Tuesday, Oct. 7, 2014 | 1:30–2:30 p.m.

SMC Campus Center, Room 351

Don't miss anything! Learn note-taking survival skills for heavily lecture-based classes, and how to synthesize reading and lecture notes for efficient studying. We'll also cover how to incorporate technology into your note taking and what to do before and after the lecture to "make it stick."

Facilitated Discussion: The Accessible Icon Project

Wednesday, Oct. 8, 2014 | Noon–1 p.m.

SMC Campus Center, Green Room

The Accessible Icon Project provides supplies and services to transform the old International Symbol of Access into an active, engaged image. Join us to learn about the project and impact of this transformation on the way disability is viewed in our society. Participants are welcome to bring their lunch.

Disability Awareness Month Matinée: Freedom Machines

Wednesday, Oct. 8, 2014 | 1–2:45 p.m.

SMC Campus Center, Green Room

Freedom Machines takes a new look at disability through the lens of assistive technology. The experiences of a group of unforgettable people let us re-examine ideas about ability and disability grounded in our culture and attitudes. Whether mainstream technology or extraordinary inventions such as stair-climbing wheelchairs, Freedom Machines reveals both the power and limitations of technology to change lives. Popcorn will be provided.

Co-Sponsored by the School of Pharmacy, the School of Nursing, the School of Dentistry, Human Resources Services, and the Office of Academic Affairs.

Disability Awareness Month Keynote: Disability Awareness in the Challenging New World of Healthcare

Monday, Oct. 13, 2014 | 4–6 p.m.

SMC Campus Center, Elm Room A

Join us for a reception and presentation by Kristie Snedeker, DPT, Director of Clinical Operations for the R Adams Cowley Shock Trauma Center. Light refreshments will be served.

Co-Sponsored by the Center for Interprofessional Education, the School of Pharmacy, the School of Nursing, the School of Dentistry, Human Resources Services, and the Office of Academic Affairs

Disability Awareness Month Matinée: The Big Picture: Rethinking Dyslexia

Tuesday, Oct. 14, 2014 | Noon–1 p.m.

SMC Campus Center, Green Room

Proving that dyslexia is a neurological issue and not a character flaw, *The Big Picture* beautifully illustrates that while the condition is an obstacle, it also carries some unique advantages, and ultimately can be overcome. Directed by James Redford, the film not only clears up the misconceptions about the condition, but also paints a picture of hope for all who struggle with it. Popcorn will be provided.

Co-Sponsored by the School of Pharmacy, the School of Nursing, the School of Dentistry, Human Resources Services, and the Office of Academic Affairs.

Accessible Course Documents

Monday, Oct. 20, 2014 | 1:30–2:30 p.m.

SMC Campus Center, Room 351

Accessibility in action! Learn how to create Word documents that are accessible to users with disabilities. Participants are encouraged to bring a lap top to practice skills presented during the workshop.

Disability Awareness Month Matinée: Lost and Sound

Wednesday, Oct. 22, 2014 | 1–2:30 p.m.

SMC Campus Center, Green Room

Lost and Sound is an award-winning documentary that was made by a partially deaf filmmaker, after the future of her own hearing was called into doubt. It follows music critic Nick Coleman, dancer Emily Thornton and pianist Holly Loach over 2 years, as they journey deep into sound and silence. Popcorn will be provided.

Co-Sponsored by the School of Pharmacy, the School of Nursing, the School of Dentistry, Human Resources Services, and the Office of Academic Affairs

Disability Awareness Month Student Panel Discussion

Thursday, Oct. 30, 2014 | Noon–1 p.m.

SMC Campus Center, Elm Room A

Support your peers and join in on the discussion of inclusion and accessibility. Four current UMB students will share their stories, discuss issues impacting students with disabilities both in and out of the classroom, and ways to promote acceptance and empowerment. A light lunch will be provided.

Co-Sponsored by the School of Pharmacy, the School of Nursing, the School of Dentistry, Human Resources Services, and the Office of Academic Affairs

Facilitated Discussion: Re-framing Disability

Wednesday, Nov. 6, 2014 | Noon–1 p.m.

SMC Campus Center, Green Room

Disability is often viewed through a medical lens as a deficiency and something that needs to be fixed or cured, rather than a natural part of the human experience. Join in on the discussion to learn about the Social Model of Disability and the influence of the interaction between individuals and society. Participants are welcome to bring their lunch.

Students with Disabilities Support Group

Mondays, Oct. 13, 2014 – Nov. 17, 2014 | Noon–1 p.m.

Tuesdays, Jan. 27, 2015 – March 3, 2015 | Noon–1 p.m.

SMC Campus Center, Room 353

This peer support group provides students with a disability the opportunity to connect and support each other as they work their graduate work. *Please note: This is not a mental health group. Email disabilityservices@umaryland.edu to join.*

Captioning YouTube

Monday, Feb. 2, 2015 | 1:30–2:30 p.m.

SMC Campus Center, Room 351

Design with accessibility in mind. Join Clancy Clawson from the UMB Writing Center to learn how to correctly caption YouTube videos. Participants are encouraged to bring a lap top to practice skills presented during the workshop.

Co-Sponsored by the Writing Center

Facilitated Discussion: Ableism and Ableist Language

Wednesday, Feb. 4, 2015 | Noon–1 p.m.

SMC Campus Center, Green Room

Words are powerful. If you have ever been told your thoughts or feelings are not normal, been made feel excluded or less than, that just you don't belong or fit in, then you've experienced Ableism. Join in the discussion to learn about Ableism and the importance of using inclusive language. Participants are welcome to bring their lunch.

Facilitated Discussion: Culture of Inclusion

Wednesday, April 1, 2015 | Noon–1 p.m.

SMC Campus Center, Green Room

What does it mean to be inclusive? Bring your thoughts and ideas as we dig deeper into the meaning of inclusion and share ideas for a more inclusive community. Participants are welcome to bring their lunch.

Learning Strategies: Exam Prep

Monday, April 13, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

Turn test anxiety into test assurance! Learn strategies for managing large amounts of information, and get tips for taking multiple-choice exams and timed essays. We'll also discuss overcoming test anxiety, managing your time before the test effectively, and reflecting on your performance for continuous improvement.

EVENT SERVICES

Event Services is committed to providing opportunities to our students and campus community through the hosting of successful programs and meetings that further the mission of the University. Serving as the main department for all SMC Campus Center conference, meeting and special event spaces, we facilitate and coordinate all reservations, scheduling, event set-up and audio visual needs in a welcoming and professional environment. Excellence will be achieved through proactive customer solutions, open communication, accountability and fiscal responsibility

UMB Biking and You!

Wednesday, Oct. 22, 2014 | 5–6:30 p.m.

SMC Campus Center, Green Room

Green your commute by biking! Come learn about basic bike maintenance, flat tire repair and what UMB offers to biking commuters. Bring your bike for this hands on experience! Don't have a bike? Bring your questions and speak with a representative from Baltimore Bike Works about what your options may be. Light refreshments will be served.

University Craft Fair

Friday, Dec. 5, 2014 | 11a.m.–2:00p.m.

SMC Campus Center, Elm Rooms

The SMC Campus Center will be hosting the Office of University Events' annual University Craft Fair. Enjoy live music, a special menu at our CulinArt Second floor café and discounts at the Seven Scholars bookstore.

Sundae Mondays

First Monday of every month beginning Oct. 6, 2014 | 12:00 p.m.–1:30 p.m.

SMC Campus Center, First Floor

Do you love free ice cream? Join us on the first Monday of every month for free ice cream, themed to that month.

Celebration Central

Friday, May 15, 2015 | 10:30 a.m.–1:30 p.m.

SMC Campus Center

Need a way to enjoy yourself and kick back in between all the commencement festivities? Join us for "Celebration Central" to look back on a great year and feel the excitement of graduation! Food, music, games, photobooth fun—it's just the way to fuel up with school spirit before you head to the University-wide Commencement Ceremony at Baltimore Arena.

Tuned In Tuesday's

Last Tuesday of Every Month, beginning Oct. 28, 2014 | 5:30–7:30 p.m.

SMC Campus Center, First Floor Stage

Join us on the last Tuesday of every month for live music on the First floor stage. Featuring a different performer each month, as well as special food and drink offerings from the First floor cafe.

March Madness Party

Thursday, March 19, 2015 & Friday, March 20, 2015 | Time TBA

SMC Campus Center, Fireplace Lounge

Come to the SMC Campus Center and cheer on your favorite team in the NCAA Mens Tournament, featuring refreshments and games on the big screen.

Co-sponsored by URecFit

Monday Night Football Game Watches

Mondays, Oct. 8–Dec. 22, 2014 | 8:30 p.m.–Midnight

SMC Campus Center, Fireplace Lounge

Come support your team (or your favorite fantasy players) and take part in the excitement of Monday Night Football. Game will be shown on TV screen in Fireplace Lounge with light food and drink being served.

SMC Campus Center Arcade

Friday, April 10, 2015 | Time TBA

SMC Campus Center, Green Room

The Campus Center is transformed with a mix of new and old arcade games throughout the building. From Ski Ball to your favorite old and new video game consoles hooked up to massive projector screens. There will be something for everyone to enjoy.

Earth Day

Wednesday, April 22, 2015 | 11 a.m.–2:00p.m.

SMC Campus Center

The SMC Campus Center will be hosting an Earth Day celebration! Bring a BPA or plastic bottle and receive a free BPA water bottle in exchange. Learn about UMB's sustainability initiatives, ways to go green and how you can help the future of the environment.

Co-sponsored by URecFit

INTERNATIONAL SERVICES

The Office of International Services offers programs to promote inter-cultural understanding and support international students and scholars as they transition to the United States and UMB community. A series of workshops and programs will be offered throughout the year to acquaint UMB 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. We 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. **Social Events:** A trip to the Cherry Blossom festival in Spring 2015 will provide international students, scholars and their families an opportunity to socialize and explore a facet of American culture.

J-1 Orientation

Fridays | 10–11:30 a.m.

SMC Campus Center, Room 353

July 18

Aug. 22

Sept. 26

Oct. 24

Nov. 21

Jan. 9

Feb. 20

March 20

April 24

May 22

June 26

This program assists in acclimating to the university, Baltimore, and the United States. Topics covered would include applicable immigration regulations, office and university services, concepts of cross-cultural communication, housing information, and community resources.

International Student Employment Workshop

Wednesday, Sept. 24, 2014 | Noon–1:30 p.m.

Wednesday, Feb. 11, 2015 | Noon–1:30 p.m.

SMC Campus Center, Room 349

This workshop is designed to provide information to F-1 and J-1 students regarding employment benefits they are eligible for, how to apply, and timing issues.

International Scholar and Student Travel Workshop

Wednesdays, Nov. 12, 2014 | Noon–1:30 p.m.

Wednesday, April 22, 2015 | Noon–1:30 p.m.

SMC Campus Center, Room 349

This workshop reviews the process for re-entry to the United States and the process for applying for renewal of the U.S. visa stamp. F-1 and J-1 travel issues will be covered.

H-1b Orientation

Wednesdays | Noon–1 p.m.

SMC Campus Center, Room 353

Oct. 22

Jan. 21

April 15

July 15

This program provides information on immigration regulations pertinent to H-1b employees of the University. Information on social security cards and driver's licenses will also be covered for those that need that information.

International Student Orientation

Wednesday, Aug. 20 | 5–8 p.m.

SMC Campus Center, Room 349

Welcome all new international students to the University of Maryland Baltimore! Come and meet student leaders and hear presentations from various offices regarding immigration, Social Security Numbers, adjusting to life in the U.S., health insurance, banking, and how you can get involved.

Annapolis Day Trip

Saturday, Oct. 11, 2014 | 9 a.m.–4 p.m.

Annapolis, MD

International students and scholars may sign up to go on this day trip to Annapolis, the state capital of Maryland. A main attraction of the day will be the Sailboat Show. Space on the bus is limited.

Day Trip to Washington, DC

Saturday, April 4, 2015 | 8 a.m.–5 p.m.

Washington, DC

International students and scholars may sign up to go on this day trip to visit Washington, DC during the Cherry Blossom Festival. Space on the bus is limited.

Immigration Options for International Students & Scholars

Wednesday, March 4, 2015 | Noon–2 p.m.

SMC Campus Center, Room 349

An immigration attorney will provide information about employment-based immigration sponsorship for international students & scholars.

International Student Mentor Program

Incoming international students will be paired with continuing international students in similar academic programs. Mentors will provide guidance on adjusting to life in Baltimore as well as provide tips on navigating their school/program of study.

INTERPROFESSIONAL STUDENT LEARNING AND SERVICE INITIATIVES

The Office of Interprofessional Student Learning and Service Initiatives (ISLSI), is committed to educating University of Maryland, Baltimore 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 UMB'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 will produce a white paper on the topic for dissemination within and outside the University.

The 2014-2015 topic aims address community engagement and suggest implementation strategies for community engagement on our unique campus.

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 2014-2015 academic year.

Community Engagement Speakers Series

An examination of innovative ways that the University can integrate community engagement into our curricula and/or co-curricular activities. This Speakers Series features leaders in higher education with in-depth knowledge of implementing and managing community engagement in graduate and professional education.

The President's Symposium & White Paper Project: David Hoffman, PhD

Monday, Sept. 15, 2014 | 4–6 p.m.
SMC Campus Center, Elm Rooms

The President's Symposium & White Paper Project: Dr. Kimberley Richards

Monday, Oct. 20, 2014 | 4–6 p.m.
SMC Campus Center, Elm Room B

The President's Symposium & White Paper Project: Jane Bucchieri, Scott Kashnow & Paul Brophy

Nov. 2014 | 4–6 p.m.
SMC Campus Center, Elm Room B

The President's Symposium & White Paper Project: Mark Warren

Monday, Jan. 26, 2015 | 4–6 p.m.

SMC Campus Center, Elm Room B

The President's Symposium & White Paper Project: Barbara Israel

Wednesday, Feb. 11, 2015 | 4–6 p.m.

SMC Campus Center, Elm Room B

The President's Symposium & White Paper Project: Barbara Jacoby

Monday, March 30, 2015 | 4–6 p.m.

SMC Campus Center, Elm Room B

The President's Symposium & White Paper Project - Fellows' Findings

April 2015 | 4–6 p.m.

SMC Campus Center, Elm Room B

An examination of UMB's current formula for community engagement and recommendations of innovative strategies that can help shape the way that the University works with the community. The Fellows, who have been studying the subject, will present on the topic to UMB leadership.

President's Student Leadership Institute

President's Student Leadership Institute (PSLI) is a co-curricular certificate program designed to expose students to contemporary issues in leadership and professional development in order to prepare participants for professional leadership in a diverse work place. PSLI is an interprofessional program that creates opportunities for students in different fields to interact and learn from one another.

This program will utilize a series of lunchtime seminars (noon – 1 p.m. unless otherwise noted), discussions and service opportunities to support the learning throughout the course of the academic year.

All seminars that are listed take place in the SMC Campus Center on the 3rd floor from Noon – 1 p.m. unless otherwise noted. A light lunch will be available to PSLI Candidates.

Seminar Requirements

Each candidate will choose one track in which they will complete their seminar coursework. Candidates must attend each of the Core classes once (you do not need to attend all the dates offered). In the designated track, candidates will attend at least 5 seminars in order to fulfill PSLI requirements.

Other Requirements

Candidates will complete 30 hours of community service with no more than 3 organizations before April 1st. At the end of the PSLI year in April, candidates will be required to complete a reflection paper describing the development and work as a leader.

PSLI Orientation

Monday, Sept. 15, 2014 | Noon–1 p.m.

Wednesday, Sept. 24, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Attend this session to learn how you can fulfill the requirements and plan out the year through PSLI.

Sleep Soundly

Thursday, Sept. 18, 2014 | Noon–1 p.m..

SMC Campus Center, Room 351

One third of adults have chronic sleep problems. Are you one of them? Without consistent, quality sleep your ability to function in life is severely hindered. In this workshop you will learn practical, research-based tips for sleeping better. A Question and Answer time will also be provided to address your individual sleeping concerns.

Building Your Personal Brand

Monday, Sept. 29, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Your personal brand is the story of how you'd like others to interpret what you're about. It's important to have a grasp on your personal brand before others decide what it is for you. During this session, you'll hear a Personal Brand Expert discuss how you can craft the message you'd like to convey to others!

Cultural Understanding

Tuesday, Sept. 30, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

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.

7 Habits of Highly Effective Leaders

Wednesday, Oct. 1, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

This workshop teaches students how to take initiative, balance key priorities, improve interpersonal communication, leverage creative collaboration, and apply principles for achieving a balanced life.

Social Determinants of Health

Thursday, Oct. 2, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

What impacts one's health? The conditions under which people are born, grow, live, work and age create the social determinants of health. These circumstances are shaped by power, resources and money on individual, local, national and global levels. These social determinants can be seen as the cause of health inequities. Dr. Jeff Johnson will guide the discussion on the unfair and avoidable differences in health statuses in our country and globally.

Science Behind Mindfulness

Friday, Oct. 3, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Mindfulness practices and stress reduction classes have become increasingly popular for boosting wellness and quality of life. Find out what the research has to say about how these practices work. You'll also get tips on how to incorporate mindfulness practices into your everyday life and resources for developing your own mindfulness practice.

Rethinking the Resume

Monday, Oct. 6, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

A resume is the first impression that a recruiter has of you. Make that impression a good one! Typically, a hiring manager only looks at your resume for 6 seconds. Does your resume have what it needs to capture the attention of those reading it? This session helps students to rethink the resume and the tips and tricks to make you stand out!

Community Engagement Primer

Tuesday, Oct. 7, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Community Engagement is more than just volunteering. This session will challenge your thinking on how the literature suggests that you work with and in the community.

Public Speaking

Thursday, Oct. 9, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Why is public speaking a number one human fear? Using 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.

Stress Management: Self Care

Thursday, Oct. 9, 2014 | 3–4 p.m. (4 part series)

SMC Campus Center, Room 351

In this 4-week group, you will learn about the connection between our minds, bodies, and spirits, and how to use this connection to facilitate healing and well-being. Each week will consist of a didactic on stress, health, and mind-body medicine, as well as ample time to practice a number of mind-body skills to reduce stress, relax deeply, better focus your attention, and sleep restfully. A 4-week commitment is required. Limited space available.

Measuring Success

Monday, Oct. 13, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Develop and meet learning outcomes, creating feedback forms, analyzing assessment results and implement recommended improvements.

Type and Leadership

Tuesday, Oct. 14, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

What kind of leader are you? Using the Myers-Briggs Type Indicator, Courtney J. Jones, Director of Interprofessional Student Learning and Service Initiatives, will discuss individual preferences and how they influence leadership.

Transforming Conflict into Cooperation

Wednesday, Oct. 15, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

The Community Conferencing Center (CCC) is a conflict transformation and community justice organization that provides ways for people to safely, collectively and effectively prevent and resolve conflicts and crime. This is the opportunity to find out more about our process, how we engage community and the outcomes and impact of the work.

Managing Stress and Anxiety

Thursday, Oct. 16, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Why worry? Academic, interpersonal, and job pressures can take their toll if you let them. Your ability to succeed in life and as a leader is dependent on your own personal state of health and well-being. Learn effective techniques to manage the stress and anxiety of daily life.

Stress Management: Self Care

Thursday, Oct. 16, 2014 | 3–4 p.m. (4 part series)

SMC Campus Center, Room 351

In this 4-week group, you will learn about the connection between our minds, bodies, and spirits, and how to use this connection to facilitate healing and well-being. Each week will consist of a didactic on stress, health, and mind-body medicine, as well as ample time to practice a number of mind-body skills to reduce stress, relax deeply, better focus your attention, and sleep restfully. A 4-week commitment is required. Limited space available.

Presenting at National Conferences

Monday, Oct. 20, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Learn the ins and outs of conference presentations. This program will help you learn how to write proposals and learning outcomes, as well as how to organize and give an effective, fun and interactive presentation for large group settings.

Civil Professional

Wednesday, Oct. 22, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Civility is a core value at the University of Maryland, Baltimore. We believe that embodying civility in the professional world impacts the work and our patients and clients. During this session, you'll learn how to use some of the ideas of civility to better your work as a professional.

Moral and Ethical Leadership

Thursday, Oct. 23, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

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

Stress Management: Self Care

Thursday, Oct. 23, 2014 | 3–4 p.m. (4 part series)

SMC Campus Center, Room 351

In this 4-week group, you will learn about the connection between our minds, bodies, and spirits, and how to use this connection to facilitate healing and well-being. Each week will consist of a didactic on stress, health, and mind-body medicine, as well as ample time to practice a number of mind-body skills to reduce stress, relax deeply, better focus your attention, and sleep restfully. A 4-week commitment is required. Limited space available.

Mingle Mingle

Monday, Oct. 27, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

You know that networking is a necessary part of being a professional. However, it's uncomfortable and it seems awkward to do. During this session, attendees will learn how to better engage with other attendees or take advantage of future networking opportunities!

Happy Leader

Tuesday, Oct. 28, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Do you want to love your job? Learn about the effect of positive affect from professionals in the workplace. Find out what happy people do differently at work.

Interview Skills

Wednesday, Oct. 29, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

To have a successful interview, you must consider everything that goes into an interview. Your success isn't just measured by how you answer the interview questions. Employers consider your answers, your non-verbal communication and how you are dressed.

Micro-aggressions in the Workplace

Thursday, Oct. 30, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

What is a micro-aggression? What is the root-cause of workplace micro-aggressions? Even well-intentioned professionals can inadvertently say things that can insult or hurt a colleague. Learn about the causes of micro-aggressions and find out how you can avoid them.

Stress Management: Self Care

Thursday, Oct. 30, 2014 | 3–4 p.m. (4 part series)

SMC Campus Center, Room 351

In this 4-week group, you will learn about the connection between our minds, bodies, and spirits, and how to use this connection to facilitate healing and well-being. Each week will consist of a didactic on stress, health, and mind-body medicine, as well as ample time to practice a number of mind-body skills to reduce stress, relax deeply, better focus your attention, and sleep restfully. A 4-week commitment is required. Limited space available.

Cultural Understanding

Monday, Nov. 3, 2014 | Noon–1 p.m.

SMC Campus Center 351

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.

Measuring Success

Thursday, Nov. 6, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Develop and meet learning outcomes, creating feedback forms, analyzing assessment results and implement recommended improvements.

Rethinking the Resume

Wednesday, Nov. 12, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

A resume is the first impression that a recruiter has of you. Make that impression a good one! Typically, a hiring manager only looks at your resume for 6 seconds. Does your resume have what it needs to capture the attention of those reading it? This session helps students to rethink the resume and the tips and tricks to make you stand out!

Mindful Eating

Thursday, Nov. 13, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

We all know how to eat, but do you know how to eat well? Join Dr. Michelle Pearce, a health psychologist, to learn how to have a healthy relationship with food and banish dieting forever. A healthy lunch will be served and eaten mindfully!

Inter-cultural Development

Monday, Nov. 24, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Cultural Competence is an important part of working in the Diverse world. Developing understanding and relatability to all cultures can set you apart as a professional. Participate in this session to learn more about your capacity to shift cultural perspective and adapt your behavior appropriately to cultural differences.

Community Engagement Primer

Tuesday, Dec. 2, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Community Engagement is more than just volunteering. This session will challenge your thinking on how the literature suggests that you work with and in the community.

Leading in a Diverse Society

Thursday, Dec. 4, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

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.

Cultural Competence Round-table Discussion

Friday, Dec. 5, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

After learning about cultural competence, we will meet to discuss the various frameworks that have been presented. This will also be an opportunity to present questions that may have popped up since the sessions.

From Survive to Thrive: Achieving Personal Wellness Goals

Monday, Dec. 8, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Do you feel like you're struggling just to keep up? Join us to create wellness goals for academic-life balance and develop a strategy to achieve them! You will leave the workshop with a personalized road map to achieve health and wellness goals when faced with competing demands.

Conflict: How Does it Make You Feel?

Wednesday, Dec. 10, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Everyone encounters conflict. Co-workers, family, friends and even strangers cause conflict in our lives. Conflict can't be avoided but it can be managed. The first step is understanding how conflict makes you feel. Knowing about your "inner war" can help you manage the "outer wars". Understanding yourself is a big step – come learn a little bit about how to move along the path of managing conflict and conflicting emotions.

Rethinking the Resume

Monday, Jan. 26, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

A resume is the first impression that a recruiter has of you. Make that impression a good one! Typically, a hiring manager only looks at your resume for 6 seconds. Does your resume have what it needs to capture the attention of those reading it? This session helps students to rethink the resume and the tips and tricks to make you stand out!

Building a Highly Motivated Team

Tuesday, Jan. 27, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

What does it take to create an environment in which team members are motivated? Charita Adams, a Human Resources professional, will dissect the components of healthy, highly motivated teams!

Civil Professional

Wednesday, Jan. 28, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Civility is a core value at the University of Maryland, Baltimore. We believe that embodying civility in the professional world impacts the work and our patients and clients. During this session, you'll learn how to use some of the ideas of civility to better your work as a professional.

Community Engagement Primer

Thursday, Jan. 29, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Community Engagement is more than just volunteering. This session will challenge your thinking on how the literature suggests that you work with and in the community.

Change Your Thoughts, Change Your Life!

Friday, Jan. 30, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

What and how you think today plays a large role in where you will be tomorrow. Learn how to recognize, evaluate, and change negative thinking patterns to live a more positive and productive life.

7 Habits of Highly Effective Leaders

Monday, Feb. 2, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

This workshop teaches students how to take initiative, balance key priorities, improve interpersonal communication, leverage creative collaboration, and apply principles for achieving a balanced life.

Building Resilience

Tuesday, Feb. 3, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

We all face tough times in life, and some of us navigate these difficulties with greater ease than others. Some of us even end up experiencing positive changes in our lives as a result of trials. This workshop will provide tools to stay focused, positive, and active when faced with adversity.

Presenting at National Conferences

Wednesday, Feb. 4, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

Learn the ins and outs of conference presentations. This program will help you learn how to write proposals and learning outcomes, as well as how to organize and give an effective, fun and interactive presentation for large group settings.

How (Not) to get Fired!

Thursday, Feb. 5, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

Looking forward in time, you got the dream job, you're doing exactly what you want to be doing. Now, you want to work to keep that job. Hear from a Human Resources professional why your soft skills development is critically important. You and your coworkers will appreciate it!

Calming Your Anxious Mind

Friday, Feb. 6, 2015 | 2–3 p.m.

Friday, Feb. 13, 2015 | 2–3 p.m.

Friday, Feb. 20, 2015 | 2–3 p.m.

Friday, Feb. 27, 2015 | 2–3 p.m.

SMC Campus Center, Room 311

In this 4-week group, you will learn how to cultivate a mindful approach to life. Through mindfulness, you can cope more effectively with anxiety-provoking and stressful situations and enhance physical, emotional, and social wellbeing. A 4-week commitment is required. Limited space available.

Measuring Success

Monday, Feb. 9, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

Develop and meet learning outcomes, creating feedback forms, analyzing assessment results and implement recommended improvements.

Micro-aggressions in the Workplace

Tuesday, Feb. 10, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

What is a micro-aggression? What is the root-cause of workplace micro-aggressions? Even well-intentioned professionals can inadvertently say things that can insult or hurt a colleague. Learn about the causes of micro-aggressions and find out how you can avoid them.

Moral and Ethical Leadership

Wednesday, Feb. 11, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

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

Community Engagement Primer

Thursday, Feb. 12, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

Community Engagement is more than just volunteering. This session will challenge your thinking on how the literature suggests that you work with and in the community.

Cultural Understanding

Wednesday, Feb. 18, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

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.

Public Speaking

Monday, Feb. 23, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

Why is public speaking a number one human fear? Using 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.

Interview Skills

Tuesday, Feb. 24, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

To have a successful interview, you must consider everything that goes into an interview. Your success isn't just measured by how you answer the interview questions. Employers consider your answers, your non-verbal communication and how you are dressed.

Cultural Competence Round-table Discussion

Wednesday, Feb. 25, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

After learning about cultural competence, we will meet to discuss the various frameworks that have been presented. This will also be an opportunity to present questions that may have popped up since the sessions.

Cultural Understanding

Monday, March 2, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

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.

Measuring Success

Tuesday, March 3, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

Develop and meet learning outcomes, creating feedback forms, analyzing assessment results and implement recommended improvements.

Leadership: Does Gender Matter?

Wednesday, March 4, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

Across 13 cultures, competencies like independence, aggression and pride are only weakly correlated with the ideal modern leader while skills like selflessness, empathy and flexibility are strongly associated with “the ideal modern leader.” Yet there seems to be so much fuss about gender differences in leadership. Isn’t leadership style independent from biological gender? Come share your thinking.

Mindful Eating

Thursday, March 5, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

We all know how to eat, but do you know how to eat well? Join Dr. Michelle Pearce, a health psychologist, to learn how to have a healthy relationship with food and banish dieting forever. A healthy lunch will be served and eaten mindfully!

Leading with Integrity

Tuesday, March 10, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

As a leader, you will make many decisions. Those decisions can be small or large, simple or more challenging. Professional ethics play a part in your decision making process as a leader. This session will be a discussion on how to decipher how to keep your integrity in mind when making tough decisions.

Type and Leadership

Wednesday, March 11, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

What kind of leader are you? Using the Myers-Briggs Type Indicator, Courtney J. Jones, Director of Interprofessional Student Learning & Service Initiatives, will discuss individual preferences and how they influence leadership.

Building a Highly Motivated Team

Thursday, March 12, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

What does it take to create an environment in which team members are motivated? Charita Adams, a Human Resources professional, will dissect the components of healthy, highly motivated teams!

Rethinking the Resume

Monday, March 23, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

A resume is the first impression that a recruiter has of you. Make that impression a good one! Typically, a hiring manager only looks at your resume for 6 seconds. Does your resume have what it needs to capture the attention of those reading it? This session helps students to rethink the resume and the tips and tricks to make you stand out!

Instant Calm

Thursday, March 26, 2015

SMC Campus Center, Room 351

Is stress getting the best of you? In this interactive workshop, you will learn how to quickly recognize your personal signs of stress and practice 7 effective techniques to better manage stress in the moment.

Leading in a Diverse Society

Monday, March 30, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

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.

Leveraging LinkedIn

Tuesday, March 31, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

You keep hearing that having a LinkedIn profile is important for networking in the future. But without understanding of how it can help in your field or the functionality, it can seem overwhelming. Learn about how LinkedIn can help in your career and what successful LinkedIn users are doing to set themselves apart!

Etiquette Dinner

Thursday, April 16, 2015 | 5–7:30 p.m.

SMC Campus Center, Elm Rooms

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. Join us for a four course meal and a gentle etiquette tutorial.

UMB Student Leadership Reception

Wednesday, April 22, 2015 | 5–8 p.m.

SMC Campus Center, Elm Rooms

We will be honoring the PSLI Cohort of 2014-2015 on their accomplishments as well as other student leaders from the UMB Campus.

Diversity Celebrations

The Diversity Celebrations provide a unique setting for the encouragement of broad social, cultural, recreational, and educational programming for the UMB 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.

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); Arab American Month (April); and Asian/Pacific Islander Month (May).

Culture and Language Workshop with Frances Ramon-Fontan

Wednesday, Sept. 17, 2014 | 5–6 p.m.

SMC Campus Center, Room 351

In this workshop, learn about elements of Hispanic language and culture while discussing ideas on creating effective community and health services for the Hispanic population.

Spotlight Artist: Francisco (Paco) Loza

Tuesday, Sept. 30, 2014 | 5–6 p.m.

SMC Campus Center, Second Floor Prefunction Lounge

We are honored to exhibit the works of Paco in honor of Hispanic Heritage Month. Meet the artist whose work is on display all month long.

True Life: I'm From Latin America

Oct. 2014 | Noon–1 p.m.

SMC Campus Center, Room 311

Have you ever wondered what life is like in Latin America? Come hear from UMB international students who share firsthand experiences of what it's like to grow up in Latin America.

National Coming Out Day Fair

Friday, Oct. 10, 2014 | Noon–1 p.m.

SMC Campus Center, Fireplace Lounge

UMB student organizations and local organizations will be present to provide information and awareness of LGBT for those in attendance.

Myths, Folktales and Legends: American Indian Storytelling

Monday, Nov. 3, 2014 | Noon–1 p.m.

SMC Campus Center, Fireplace Lounge

Joseph Standswithmany will share stories of sacred tales, contemporary Natives, tribal history and culture in this time honored American Indian tradition with a Cherokee focus.

Pow Wow

Monday, Nov. 10, 2014 | Noon–2 p.m.

SMC Campus Center, Fireplace Lounge

Back by popular demand! UMB will celebrate American Indian Heritage Month with the ultimate cultural festival.

The thunder of drums will fill the Campus Center as dancers in vibrant regalia move to the beat. Learn the meaning behind the movement while enjoying music, dancing, food, and so much more.

Veterans Day Welcoming Fair

Tuesday, Nov. 11, 2014 | Noon–2 p.m.

SMC Campus Center, Green Room

Would you like to give a special welcome to our Veterans at UMB? Come on by as we welcome and thank our service men and women with a Veterans Day Welcoming Fair featuring career service, health, and wellness resources, disabilities services, campus life and much more.

Cards for Veterans

Tuesday, Nov. 11, 2014 | 11–1 p.m.

SMC Campus Center, Fireplace Lounge

Do you want to show your support for our Veterans? Come and support our Veterans by writing a heart felt card.

Veterans Resume Workshop

Thursday, Nov. 13, 2014 | Noon–1 p.m.

Location TBD

Join us in this resume writing workshop that will help you discover resources for translating military experience as well as provide tips in drafting and revising your resume.

Standards of Beauty Discussion with Tara Bynum

Monday, Feb. 2, 2015 | Noon–1 p.m.

SMC Campus Center, Elm Room B

Learn more about the cultural significance of skin color, hair texture and body shape during this interactive discussion.

Afro-Caribbean Dance Fitness

Tuesday, Feb. 3, 2015 | 5:30–6:30 p.m.

SMC Campus Center, 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 workout.

African Ancestry

Thursday, Feb. 5, 2015 | 5–7 p.m.

SMC Campus Center, Elm Room B

Come together with members of our campus community as we learn more about the science of African ancestry tracing. Selected members of the audience will have the opportunity to have their own ancestry revealed!

Cultural Showcase with SNMA

Monday, Feb. 16, 2015 | 5–7 p.m.

SMC Campus Center, Elm Rooms

Join us as we showcase local Baltimore talent. This event is a partnership between ISLSI, SNMA and other UMB student groups.

Afro-Caribbean Dance Fitness

Tuesday, Feb. 24, 2015 | 5:30–6:30 p.m.

SMC Campus Center, 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 workout.

Spotlight Musicians: Beggar's Ride

Monday, March 2, 2015 | Noon–1:30 p.m.

SMC Campus Center, Elm Rooms

Bring your lunch and listen to live music. Beggar's Ride, Baltimore's contemporary folk duo of award winning songwriters Claudia SanSoucie and Kate Macguire, are a great female duo with in sync harmonies and intricate guitar arrangements.

R.A.D. Demonstration

Thursday, March 12 | Noon–1 p.m.

SMC Campus Center, Room 349

Come learn how to protect yourself and feel comfortable knowing that you have the tools to do so.

V-Day UMB presents: "Any One of Us" 2015

Friday, March 20, 2015 | 7–9 p.m.

SMC Campus Center, Elm Rooms

UMB students, faculty and staff will perform a collection of raw, honest, and fierce stories written by women in prisons across the nation. The voices in the play move forward toward healing, understanding, and change with the ultimate goal of using these words to impact policy, laws and treatment of incarcerated women.

Service Learning Project: Women's History Month

Monday, March 30, 2015 | 11 a.m.–1 p.m.

My Sister's Place Women's Center

Volunteers will assist with meal services for women and children that are experiencing homelessness.

TurnAround's Take Back The Night

March 2015 | 6–8 p.m.

Baltimore, MD

Join TurnAround's Take Back the Night march and rally to raise awareness in our community about sexual violence and to honor survivors.

Arab American Identity: Susan Muaddi-Darraj

Wednesday, April 1, 2015 | Noon–1 p.m.

Susan Muaddi-Darraj will explore the topic of growing up Arab American in a post 9/11 era.

Belly Dancing and Spotlight Musicians

Monday, April 13, 2015 | Noon–2 p.m.

SMC Campus Center, Fireplace Lounge

This community party will feature belly dancing with live music, community building, and so much more!

Spotlight Artist: Helen Zughuib

Monday, April 13, 2015 | Noon–1 p.m.

SMC Campus Center, Second Floor Prefunction Lounge

We are honored to exhibit the works of Heln Zughuib in honor of Arab American Heritage month. Meet the artist whose work is on display all month long.

Luau

Monday, May 4, 2015 | Noon–2 p.m.

School of Nursing Lawn

Traditionally, luaus represent the reaching of a significant life milestone. Let's honor the UMB Class of 2015 with a celebration in this festive tradition. Enjoy traditional Hawaiian food and learn the beautiful stories, songs and dances behind the elegant movements of the hula dancers.

Sushi Fest

Wednesday, May 13, 2015 | Noon -1 p.m.

SMC Campus Center, Elm Room B

What's better than learning about the history of sushi? Watching it rolled and enjoying a variety of tasty samples! Satisfy your palette and learn more about the history and making of sushi in this interactive demonstration.

Cultural Enrichment

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

Race Card Project

Friday, Sept. 26, 2014 | 11:30 a.m.–1:30 p.m.

Tuesday, Oct. 21, 2014 | 11:30 a.m.–1:30 p.m.

Monday, Nov. 17, 2014 | 11:30 a.m.–1:30 p.m.

Friday, Jan. 23, 2015 | 11:30 a.m.–1:30 p.m.

Friday, Feb. 13, 2015 | 11:30 a.m.–1:30 p.m.

Tuesday, March 24, 2015 | 11:30 a.m.–1:30 p.m.

SMC Campus Center, First Floor

As a larger, national dialogue to open up discussions on race, ISLSI is soliciting UMB Campus Community members to write a 6 word essay as related to the topic of race.

Safe Space Training

Wednesday, Oct. 8, 2014 | Noon–1 p.m.

Tuesday, Feb. 17, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

Help create and maintain a safe space at UMB for all people. Upon completion of this interactive LGBT Safe Space training, participants will have the option of signing the University of Maryland, Baltimore ally pledge.

Taboo Topics

Friday, Nov. 7, 2014 | Noon–1 p.m.

Friday, Feb. 27, 2015 | Noon–1 p.m.

SMC Campus Center, Room 351

Are there questions you've been wondering about other people but don't know how to ask? In Taboo Topics, anything goes! This session is meant as a space to ask audacious questions (with respect) in hopes to gain some insight. Bring all your "Why do you do ___?" questions with you for a lively discussion.

HIV Forum

Friday, Nov. 7, 2014 | 1–2 p.m.

School of Pharmacy

Facing AIDS Campaign

Wednesday, Nov. 12, 2014 | Noon–2 p.m.

Monday, Nov. 17, 2014 | Noon–2 p.m.

Monday, Nov. 24, 2014 | Noon–2 p.m.

Lexington Market

Community members are encouraged to be a part a national campaign to reduce stigma and share why and how they are "Facing AIDS." In support of our nation's first National HIV/AIDS Strategy, there will be an interactive photo booth to carry out this awareness building activity. After the event, images will be uploaded to the "Facing AIDS" website as a symbol of solidarity in the University of Maryland, Baltimore's response to the HIV epidemic.

TriHIVia Night

Friday, Nov. 14, 2014 | 6–8 p.m.

Frank and Nic's

HIV trivia night is back by popular demand! Enjoy some good company, food, and trivia. Prizes for the winning team!

Chili Cook Off Benefit

Friday, Nov. 21, 2014 | Noon–2 p.m.

SMC Campus Center, First Floor

Stop by during your lunch break for our chili cook-off fundraiser. All proceeds go to STAR TRACK, a University of Maryland Children's Hospital Division of Adolescent and Young Adult Medicine addressing the complicated needs of adolescents who are infected with HIV. Purchase one bowl of chili for \$5, and any additional bowls of chili for \$3. Be green and bring your own soup mug or bowl to receive a \$1 discount!

World AIDS Day

Monday, Dec. 1, 2014 | 11:00 a.m.–2 p.m.

SMC Campus Center, First Floor

Student, Staff, Faculty and community are invited to join us to come together in solidarity to celebrate and honor World AIDS day. We will have a resource fair, Facing AIDS campaign, create the Living Ribbon, and a panel discussion regarding living with HIV and AIDS.

ChristmaHannuKwanzaDanStice: A Winter Celebration

Monday, Dec. 15, 2014 | Noon–2 p.m.

SMC Campus Center, Fireplace Lounge

Come celebrate your favorite winter holiday and come learn about others! Whether it's Christmas, Hanukkah, Kwanzaa, or Solstice. Learn about old traditions and create new ones with members of the campus community!

Poverty Simulation

Friday, Feb. 20, 2015 | Noon–2 p.m.

SMC Campus Center, First Floor

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 will have the opportunity to experience some of the daily challenges a family in poverty may go through over a simulated experience of one month. Families will address problems such as lack of transportation to having only enough money to pay for food or rent.

SMC CAMPUS CENTER BUILDING OPERATIONS

The Southern Management Corporation Campus Center provides space for students, faculty, and staff to come together as one University. It is an interprofessional space that houses Campus Life Services, which includes URecFit, the Wellness Hub, and CulinArt Dining. Building operations compliments the strategic mission of the University by providing a clean, welcoming, and efficiently managed center where our event guests and University community always feel welcome and at home.

The Birds and Bees in the Graveyard

Date: Fall 2014 | Time TBD

SMC Campus Center, Room TBD

Did you ever wonder why bees are so important? Do you think Baltimore honey would be tasty? Or at least as good as store bought honey? Well come and hear about our own stars, the bees who live in St. Paul's graveyard.

Who Needs CSA or Locally Grown Food? All of Us, That's Who!

Date: Fall 2014 | Time TBD

SMC Campus Center, Room TBD

Come hear about locally grown food and how you can enjoy and have it delivered right to your workplace!

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.

Student Leaders Professional Development & Engagement Mini-Retreat

Saturday, Sept. 27, 2014 | 8:30 a.m.–2:00 p.m.

Donaldson Brown Conference Center

Mini-Retreat for USGA Officers and Senators Program is designed to familiarize all of the USGA Officers and Senators with each other and their respective roles within the student governing body in a relaxed and unique setting.

Co-Sponsored by the USGA

Be Informed Series

Fracking: The Marcellus Shale Drilling Project in Maryland

Tuesday, Oct. 7, 2014 | 5:30–7 p.m.

SMC Campus Center, Room 223

Confirmed speakers include Brigid E. Kenney, Senior Policy Advisor, Maryland Department of the Environment & Dr. Christine Conn, Maryland Dept. of Natural Resources and Chair, Governor's Marcellus Shale Safe Drilling Advisory Commission

Maryland's Climate Change Action Plan: How Can We Help?

Thursday, Oct. 9, 2014 | 5:30–7p.m.

SMC Campus Center, Room 223

Mr. Brian Hug from the Maryland Department of the Environment will lead us in a lively discussion concerning how we, as individuals, can help Mother Nature bring the environment back under control.

Co-Sponsored by the UMB Sustainability Committee

November Election Issues

Thursday, Oct. 16, 2014 | 5:30–7 p.m.

SMC Campus Center, Room 223

Medical School alumnus and recently elected District 12 Delegate nominee in Howard County comes back to his old student governing alma mater to talk about some critical November 2014 election issues.

November Election Issues: Continued

Tuesday, Oct. 21, 2014 | 5:30–7 p.m.

SMC Campus Center, Room 223

A continued discussion of issues in the November general election.

Why Laws Are Needed for Climate Change?

Monday, Oct. 27, 2014 | 5:30–7 p.m.

SMC Campus Center, Room 311

Led by Environmental Law Professor Michael Pappas, this session focuses on critical information dealing why laws are even needed to impact climate change and why are they so hard to enact.

The Basics of Starting Your Own Practice in Maryland: Part I

Tuesday, Feb. 17, 2015 | 5:30–7 p.m.

SMC Campus Center, Room 311

Part I of this two-part series deals with how to convert an idea into a viable, operating business.

The Basics of Starting Your Own Business in Maryland: Part II

Tuesday, Feb. 19, 2015 | 5:30–7 p.m.

SMC Campus Center, Room 311

This is Part II of the Starting Your Own Practice Series. Issues such as the insurance requirements needed to safeguard your business and personal assets and what resources are available in Maryland to help get your practice started will be discussed.

Thursday Night at the Movies: *American Promise*

Thursday, Feb. 26, 2015 | 5:30–8 p.m.

SMC Campus Center, Room 311

To close out Black History Month, the Be Informed Series features a documentary that highlights the 12-year journey of two African-American families raising their sons with the hopes of obtaining a great, solid education. The Sundance Film Festival says about *American Promise*, “It calls into question commonly held assumptions about educational access and what factors really influence academic performance.” Discussion to follow film.

Investing Basics

Thursday, March 12, 2015 | 5:30–7 p.m.

SMC Campus Center, Room 311

This is a quick refresher seminar on things to consider when investing your hard earned money.

Things You Need to Know Before Buying Your First Home

Tuesday, March 24, 2015 | 5:30–7 p.m.

SMC Campus Center, Room 311

Documentary Film:

Before the Memories Fade: Voices from the Civil Rights Movement

Thursday, March 26, 2015 | 5:30–7 p.m.

SMC Campus Center, Room 311

This documentary looks back at the Civil Rights Movement as told through the eyes of students, ordinary citizens, community organizers, musicians and journalists. Discussion to follow film.

Life Skills Development Series

Advanced Directives: Shouldn't You Know How to Create Them for You and Your Loved Ones?

Thursday, Oct. 23, 2014 | 5:30–7 p.m.

SMC Campus Center, Room 311

This session features Professor Diane Hoffman, Director, Law & Health Care Program, University of Maryland Carey School of Law who will enlighten us on defining the medical care one should receive when a person becomes too ill to make the decision on the spot, as well as how to create a living will.

Academic/Life Balance

Thursday, Nov. 6, 2014 | 5:30–7 p.m.

SMC Campus Center, Room 223

This session will focus on how students under rigorous academic pressures can balance their school work with other facets of their lives. Speaker- Ms. Emily Eskew, MPH, Fitness & Wellness Coordinator, URecFit

Co-Sponsored by The Office of Educational Support and Disability Services

STUDENT FINANCIAL ASSISTANCE AND EDUCATION

Student Financial Assistance and Education (SFAE) 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 Student Financial Assistance and Education.

The University of Maryland, Baltimore is committed to the overall wellness of its students. Because of this commitment, the University has established the Office of Financial Education and Wellness (FEW) which is an extension of the Office of Student Financial Assistance and Education to help students establish and maintain financial wellness. Whether the financial needs are simple or complex in nature, we are here for the student. Our goal is to provide students with education and tools necessary to make smart financial decisions for during their time in school and beyond. This valuable resource is provided to students free of charge and will serve students via three platforms: on-campus educational programming, individual consultations and online financial literacy education.

Check the SFAE website throughout the year for updated event listings:

[***www.umaryland.edu/fin***](http://www.umaryland.edu/fin)

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 UMB 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, Baltimore. 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 UMB.

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.

Group Exercise

All Year Long

SMC Campus Center, URecFit

MindBody, Cardio, Strength, Spin and Dance so many classes to choose from. Open to all Students and URecFit SMC Campus Center members.

Flag Football

Tuesday, Sept. 2, 2014 | 5 p.m.

Swann Park

Sorry no crab cakes but there is football, that's what Maryland does. Grab some friends and make a flag football team. This is a four week regular season league, followed by a top four seeded bracket.

Free Throw Contest

Wednesday, Sept. 3, 2014 | 5-7p.m.

SMC Campus Center, Pratt Gym

Come test your shooting skills! No registration is required for this event. Simply come to the Pratt gym between 5 & 7p.m. for your chance to win.

Racquetball

Tuesday, Sept. 9, 2014 | 5 p.m.

SMC Campus Center, Pratt Gym

Work up a sweat and play racquetball. Registration deadline is Sept. 10 at 5p.m. for this racquetball ladder tournament. The first matches will be schedule on Sept. 16.

5K Fun Run/Walk Series

Monday, Sept. 15-Tuesday May. 5, 2015

Meet in front of the SMC Campus Center

Take in the fresh air, lace up those running shoes and join us for our monthly themed 5k's. Each month is new "theme" dress the part or just show up and burn some calories, either way it sure to be a great way to stay fit and have fun!

Sports Trivia

Monday, Sept. 22, 2014

SMC Campus Center, Pratt Gym

Think you know everything there is to know about sports? Prove it. Participate in sports trivia by completing a sports quiz every week (for five weeks) at the Pratt Desk.

Women's Flag Football Game

Tuesday, Sept. 23, 2014 | 5 p.m.

Swann Park

Love football? Want to show your talent? Register for the all women's flag football game by Sept. 24. The game will be held on Oct. 8.

Fit 101 Series

All Semester Long | Various Days and Times

SMC Campus Center, URecFit

Learn the basics of Spin bike setup, TRX and more!

MindBody Week

Monday, Sept. 29–Sunday Oct. 5, 2014

Various Locations

Experience new ways to enhance your inner self with body-focused workshops, lunch and learns, Yoga on the Hill, experiential healing sessions, and various types of meditation! Events are open to all UMB students, faculty, and staff.

Women On Weights

Monday Oct. 6–Monday Nov. 10, 2014

SMC Campus Center, URecFit

Ladies....Is cardio the ONLY part of your workout? Participate in an six-week comprehensive workshop that will teach exercise selection, lifting form, and ways to achieve your fitness goals!

Indoor Volleyball

Tuesday, Oct. 7, 2014 | 5 p.m.

SMC Campus Center, Pratt Gym

Bump, Set, Spike! Sign up a team today for intramural indoor volleyball. This league is a four week regular season followed by a top four seeded playoff bracket.

Fitness Assessment Program

All Semester Long | Various Days and Times

URecFit, Pratt Room 1015

Find out what makes you move through the Aspirations Finder developed by the University of Milan and Technogym International®. Aspirations determine the way that people live and move. The Technogym Aspiration Finder questionnaire only takes five minutes and will result in a unique score for each participant. Based on your questionnaire results, your fitness assessment will be directly tailored to your aspirations. Your fitness assessment results will be explained by our staff so you can learn how to improve and enhance your fitness experience. The fitness assessment will be a unique & catering specifically to what moves you.

Zumba Fright Night

Tuesday Oct. 28, 2014 | 6–8 p.m.

URecFit, Pratt Gym

Enjoy wicked night of thrilling dance moves with URecFit's Zumba instructors! Dress in your best costume for a chance to win ghoulish prizes.

Maintain Don't Gain

Monday Nov. 17–Friday Jan. 9, 2015

SMC Campus Center, URecFit

The average person puts on some extra pounds in the six weeks between the Thanksgiving holiday and the New Year. Weigh in and challenge yourself to maintain your weight through the Holidays. Stay within 1 lb of your original fat mass and win a prize.

National 3-D Awareness Month

Tuesday, Dec. 9, 2014 | 11:00 a.m.–2:00 p.m.

SMC Campus Center, Fireplace Lounge

Join URecFit and Campus Safety to see how drunk, drugged or distracted driving can effect your life. Students and members will be able to participate in activities designed to reinforce the consequences of alcohol misuse and abuse.

Fitness Fever

Monday Jan. 26–Monday March 9, 2015

SMC Campus Center, Room 349

Improved from last year with two fitness levels. Start the new year off right with this 8 week program that incorporates small group training sessions, nutritional advice, and some friendly competition. Think Biggest loser but better....Fitness Fever is sure to help you achieve your fitness and weight loss goals!

5 v 5 Basketball

Tuesday, Jan. 27, 2015 | 5 p.m.

Want to channel your inner NBA star? Register for 5 v 5 basketball on either Wednesday or Thursday evening.

Indoor Volleyball Tournament

Tuesday, Jan. 27, 2015 | 5 p.m.

Join the high flying action by registering for intramural indoor volleyball. This is an exciting tournament with players of all skill level.

Squash

Tuesday, Feb. 3, 2015 | 5 p.m.

SMC Campus Center, Pratt Gym

Want to meet some new competition? Then register for the intramural squash ladder bracket by Feb. 4 at 5p.m. The first matches will be schedule on Feb. 5.

Table Tennis

Tuesday, Feb 3, 2015 | 5 p.m.

SMC Campus Center, Pratt Gym

Join us for the fast pace of table tennis. Register for the intramural squash ladder bracket by Feb. 4 at 5p.m. The first matches will be schedule on Feb. 5.

Dodgeball Tournament

Tuesday, Feb. 17, 2015 2013 | 5 p.m.

SMC Campus Center, Pratt Gym

If you can dodge traffic, you can dodge a ball. Grab some friends and make a team for this one day round robin tournament.

3 Point Shooting Contest

Wednesday, Feb 18, 2015 | 5–7p.m.

SMC Campus Center, Pratt Gym

Come test your shooting skills! No registration is required for this event. Simply come to the Pratt gym between 5 & 7p.m. for your chance to win. Both men's and women's divisions offered.

Indoor Soccer

Tuesday, Feb 18, 2015 | 5 p.m.

Myers Soccer Pavilion

Sign up a team today for intramural indoor soccer. This league is a four week regular season followed by a top four seeded playoff bracket.

National Recreational Sports Day

Friday, Feb. 20-Sunday, Feb. 22, 2015 | All Day

SMC Campus Center

Celebrate all things recreation! Follow us on social media all weekend as we share the positive benefits of recreational sports, fitness, and wellness and celebrate NIRSA's founding date.

NFL Combine

Monday, Feb 23, 2015 | 5-8 p.m.

SMC Campus Center, Pratt Gym

Love Football? Come see how you stack up to today players! Dash, Jump and Press your way to victory in this fun six event series. No registration required.

Beach Bound

Monday March 9-Friday May 1, 2015

SMC Campus Center, URecFit

Run, row, bike, or swim your way to some great prizes and a fitter you! Choose 1 of 3 distances, log your miles and strive to achieve your goal. This 8 week long incentive program will be sure to push you to go farther than you ever have before and get you in shape for summer.

NCAA Bracket Poll

Tuesday, March 10, 2015 | 5 p.m.

Love March madness? Register for the intramural bracket pool. Participants will select for the men's and women's March madness brackets.

Wellness Fair

Wednesday, March 25, 2015 | 10 a.m.-2 p.m.

SMC Campus Center First Floor and Elm Rooms

Your one stop destination for wellness information. Over 60 information tables, free seated massages, health and wellness screenings, cooking demonstrations, give-aways and more!

30 Day Yoga Challenge

Saturday April 11-Sunday May 10, 2015

SMC Campus Center, URecFit

Can you push your mind and body for 30 days of beneficial yoga? If you are up for the challenge just register, track your yoga classes, and win an awesome prize.

Yoga on the Hill

Saturday April 11, 2014 | 10-11 a.m.

Federal Hill Park

A great view paired with a great workout! Join us for a morning of yoga on scenic federal hill.

Co-Rec Softball

Tuesday, June 2, 2015 | 5 p.m.

Location TBD

On campus this summer? Then join us for the intramural co-rec softball league. This league is a four week regular season followed by a top four seeded playoff bracket.

Team Training Day

Friday, Oct. 17, 2014 | 5–9 p.m.

Saturday, Oct. 25, 2014 | 9 a.m.–Noon

SMC Campus Center & URecFit

A day of professional development for all URecFit staff. Staff will enhance their risk management, customer service and communications skills through a series of interactive workshops.

American Red Cross Adult CPR and AED

Aug. 2014–May 2015 : once a month | 5:30–9:30 p.m.

For the person who only needs adult CPR training, this hands-on skills training prepares them to respond to breathing and cardiac emergencies in adults. It also teaches the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED).

American Red Cross First Aid

4 Classes - 2 fall and 2 spring | 5:30–9:30 p.m.

This course helps participants identify and eliminate potentially hazardous conditions in their environment, recognize emergencies and make appropriate decisions for first aid care. It teaches skills that participants need to know in order to provide immediate care of a suddenly ill or injured person until more advanced medical care.

RAD Basic Women's Self Defense

HSF Room 1102

Sept. 22, 2014–Oct. 29, 2014, Noon–1 p.m., Mondays and Wednesdays

March. 9, 2015–April 15, 2015, 5:30–6:30 p.m., Tuesdays and Thursdays

RAD is a hands-on course designed to emphasize confidence and self discipline while developing and enhancing options of self-defense. The course will teach basic self-defense techniques and emphasize common sense approaches to safety on campus.

Sexual Assault Awareness Month

2 one hour long presentations in the month of April

Law School and School of Pharmacy

URecFit and office of Compliance will be conducting a workshop 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 dialogue about issues and resources for victims of sexual violence.

WELLNESS HUB

The University of Maryland Wellness and Academic-Life Balance program provides opportunities for students to develop personal and professional goals through interprofessional workshops and lectures, coaching services, and family support resources. It assists students in exploring academic-life balance via a variety of programs that honor the “whole” self, including seminars in physical, emotional, social, cultural, ethical, intellectual, environmental, and financial wellness. The Wellness Hub is located on the 3rd Floor of the SMC Campus Center.

Drop-In Mindfulness Meditation Session

First Friday of every month | 12:30–1 p.m.

SMC Campus Center, Room 311

Join us on the first Friday of each month from 12:30 – 1 p.m. for a drop-in meditation session. Setting aside regular time to quiet your mind helps reduce stress and improve well-being. No meditation experience necessary.

Relationship Series: Meaningful Friendships in Graduate School

Monday, Sept. 22, 2014 | Noon–1 p.m.

SMC Campus Center, Room 311

Graduate school can be a challenging time for friendships, but friends can be key to helping you through difficult times. Come learn how to make new friends while in graduate school.

Co-Sponsored by the Student Counseling Center

Introduction to Coaching Services

Monday, Sept. 22, 2014 | 5–6 p.m.

Thursday, Jan. 22, 2015 | Noon–1 p.m.

SMC Campus Center, Room 311

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

Moms Back to Work: Breast Feeding Orientation

Wednesday, Sept. 24, 2014 | 12:30–2 p.m.

SMC Campus Center, Room 311

Make breastfeeding easy and successful at UMB. Join expectant and new mothers to learn about the lactation center and gain support from each other. Nursing babies are also welcome!

Co-Sponsored with the UMB Lactation Committee

Spirituality, Healing and Healthcare Today

Monday, Sept. 29, 2014 | Noon–1 p.m.

SMC Campus Center, Room 311

From the beginning of medicine, concerns for the body and spirit were interrelated. This presentation will focus on the role of spirituality and healing given the changing structures of health care, especially as it relates to population health and care beyond the acute setting.

Co-Sponsored by the Center for Integrative Medicine and URecFit

Integrative Healing Sessions

Monday Sept. 29, 2014–Friday Oct. 3, 2014 | 9 a.m.–5 p.m.

SMC Campus Center, Green Room

The Healing Therapies program is offering complimentary 20 minute integrative healing sessions that combine healing touch, aromatherapy, simple massage and breath awareness techniques for stress reduction. Sessions are offered on a massage table in a private room or simply seated in a comfortable chair. Healing Therapy treatments involve light touch or hands placed just above the body. Students remain fully clothed and are encouraged to remove their shoes.

Cosponsored by URecFit

Ayurveda 101: Feeding Your Dosha

Wednesday, Oct. 1, 2014 | 2–3 p.m.

SMC Campus Center, Room 351

Considered by many scholars to be the oldest healing science, Ayurveda is a holistic approach to health that is designed to help people live long, healthy, and well balanced lives. Just as everyone has a unique fingerprint, according to Ayurvedic beliefs, each person has a distinct pattern of energy -- a specific combination of physical, mental, and emotional characteristics. Come to this session lead by Susan Weis-Bohlen and learn what dosha may be yours and how tame your inner stress dragon.

Co-Sponsored by URecFit

Introduction to Basic Qigong for Stress Management

Thursday, Oct. 2, 2014 | 6–7 p.m.

SMC Campus Center, Room 349

Learn an ancient mind-body exercise to relax your body, refresh your mind, and recharge your soul for a more peaceful and harmonious life.

Co-Sponsored by the Center for Integrative Medicine and URecFit.

Parents as Students Support Group

Mondays, Oct. 13, 2014–Nov. 17, 2014 | 1–2 p.m.

Tuesdays, Jan. 27, 2015–March 3, 2105 | 1–2 p.m.

SMC Campus Center, Room 353

For UMB students who are also parents, this group connects these students to their peers and support each other in their dual roles. *Please note: This is not a mental health group.*

Healthy Selfie Day

Wednesday, Oct. 15, 2014 | 10 a.m.–2 p.m.

SMC Campus Center, First Floor

Come join the celebration of health and well being! Refreshments, picture booth, and wellness screenings will be available to all. Participants will be able to meet with a wellness counselor to interpret their results and offer recommendations. Remember, good mental health is key to wellness and academic-life balance.

Co-Sponsored by the Student Counseling Center

Writing for Wellness

Mondays, Oct 27–Nov 17, 2014 | Noon–1 p.m.

SMC Campus Center, Room 203

Writing is an effective way to release stress and improve health and well-being. In this workshop, you will be guided through a series of therapeutic writing exercises and read select pieces of literature as a source of inspiration and transformation. No writing experience necessary.

Co-Sponsored by the Center for Integrative Medicine

Film Screening and Discussion: Silent Killer

Monday Nov 17, 2014 | 5:30–7 p.m.

SMC Campus Center, Elm Room B

There are a billion hungry people in the world, and 15,000 children die each day of hunger. Yet it doesn't have to be this way. Silent Killer, an award-winning documentary, shows how we can end hunger--if we make a commitment to doing so. An interactive discussion will follow the film screening. Please bring a can of food for donation. Popcorn and drinks will be served.

Cosponsored by Housing Our Neighbors and Interprofessional Student Learning and Service Initiatives

Interfaith Conversation: Common Ground

Tuesday Nov 18, 2014 | Noon–1 p.m.

SMC Campus Center, Room 351

Be part of the conversation as we explore what different religious and non-religious backgrounds have in common. In this safe space, we will discuss shared values using text, storytelling, and reflection on social action. All perspectives and beliefs systems are welcome: We are better together.

Kindness Initiative Event: Stuff them with Love

Friday, Dec 5, 2014 | 11:30–1:30 p.m.

SMC Campus Center, Fireplace Lounge

Drop in, stuff a teddy bear, sign a get well card, and brighten the lives of children recovering in UMMC and other local children's hospitals in Baltimore. No sewing skills needed.

Cosponsored by the Judaic Heritage and USGA

Kindness Initiative Event: Serving those who Serve

Friday, Feb. 13, 2015 | 11:30–1:30 p.m.

SMC Campus Center, Fireplace Lounge

Drop in, decorate a cookie, and sign a thank you card for Baltimore's fire fighters and police officers, including our very own UMB security officers.

Co-Sponsored by Judaic Heritage and USGA

Relationship Series: Healthy Romantic Relationships

Wednesday, Feb. 11, 2015 | Noon–1 p.m.

SMC Campus Center, Room 311

Most romantic relationships have their ups and downs so it can be hard to recognize what makes a healthy relationship. This workshop will address general characteristics of healthy and unhealthy relationships, common "red flags" in relationships, and ways for you to be a good partner.

Co-Sponsored by the Student Counseling Center

Writing for Wellness

Thursdays, April 2–23, 2015 | Noon–1 p.m.

SMC Campus Center, Room 311

Writing is an effective way to release stress and improve health and well-being. In this workshop, you will be guided through a series of therapeutic writing exercises and read select pieces of literature as a source of inspiration and transformation. No writing experience necessary.

Co-Sponsored by the Center for Integrative Medicine

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 these 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.

Dissertation Boot Camp

This three-day event will help graduate students cultivate the writing and time-management skills they need to finish a dissertation.

Wednesday, Aug. 20, 2014–Friday, Aug. 22, 2014 | 9 a.m.–Noon
SMC Campus Center, Rooms 353 and 223

Tuesday, Jan. 20, 2015–Thursday, Jan. 22, 2015 | 9 a.m.–Noon
SMC Campus Center, Room 307

How to Plan and Write a Paper

Has it been awhile since you've written a paper? This workshop will discuss the fundamentals of the writing process.

Tuesday, Sept. 16, 2014 | 5–6 p.m.
SMC Campus Center, Room 349

Wednesday, Sept. 17, 2014 | 1–2 p.m.
SMC Campus Center, Room 311

Thursday, Sept. 18, 2014 | 8–9 a.m.
SMC Campus Center, Room 311

Tuesday, Jan. 27, 2015 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, Jan. 28, 2015 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, Jan. 29, 2015 | 8–9 a.m.
SMC Campus Center, Room 307

How to Use APA

Using APA format can be intimidating. This session will help you navigate the APA manual and other resources so that you can write and cite like a pro. One lucky student will win a free copy of the APA manual.

Tuesday, Sept. 23, 2014 | 5–6 p.m.
SMC Campus Center, Room 353

Wednesday, Sept. 24, 2014 | 1–2 p.m.
SMC Campus Center, Room 353

Thursday, Sept. 25, 2014 | 8–9 a.m.
SMC Campus Center, Room 353

Tuesday, Feb. 3, 2015 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, Feb. 4, 2015 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, Feb. 5, 2015 | 8–9 a.m.
SMC Campus Center, Room 307

You Can Has Grammar!

Not sure if it is “you and I” or “you and me”? This workshop will provide you with a brief refresher on common grammatical mistakes so that you can write with confidence.

Tuesday, Sept. 30, 2014 | 5–6 p.m.
SMC Campus Center, Room 353

Wednesday, Oct. 1, 2014 | 1–2 p.m.
SMC Campus Center, Room 353

Thursday, Oct. 2, 2014 | 8–9 a.m.
SMC Campus Center, Room 353

Tuesday, Feb. 10, 2015 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, Feb. 11, 2015 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, Feb. 12, 2015 | 8–9 a.m.
SMC Campus Center, Room 307

How to Overcome Writer’s Block

Sometimes getting started is the most challenging part of writing. This workshop will present strategies for productive writing sessions.

Tuesday, Oct. 7, 2014 | 5–6 p.m.
SMC Campus Center, Room 353

Wednesday, Oct. 8, 2014 | 1–2 p.m.
SMC Campus Center, Room 353

Thursday, Oct. 9, 2014 | 8–9 a.m.
SMC Campus Center, Room 311

Tuesday, Feb. 17, 2015 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, Feb. 18, 2015 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, Feb. 19, 2015 | 8–9 a.m.
SMC Campus Center, Room 307

How to Brainstorm Ideas

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.

Tuesday, Oct. 14, 2014 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, Oct. 15, 2014 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, Oct. 16, 2014 | 8–9 a.m.
SMC Campus Center, Room 307

Tuesday, Feb. 24, 2015 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, Feb. 25, 2015 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, Feb. 26, 2015 | 8–9 a.m.
SMC Campus Center, Room 307

How to Craft an Argument

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.

Tuesday, Oct. 21, 2014 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, Oct. 22, 2014 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, Oct. 23, 2014 | 8–9 a.m.
SMC Campus Center, Room 307

Tuesday, March 3, 2015 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, March 4, 2015 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, March 5, 2015 | 8–9 a.m.
SMC Campus Center, Room 307

How to Write an Abstract

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.

Tuesday, Oct. 28, 2014 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, Oct. 29, 2014 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, Oct. 30, 2014 | 8–9 a.m.
SMC Campus Center, Room 307

Tuesday, March 10, 2015 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, March 11, 2015 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, March 12, 2015 | 8–9 a.m.
SMC Campus Center, Room 307

How to Write a Resume and Cover Letter

Are you hunting for a job? An attention-grabbing, polished resume and cover letter will help you stand out from the rest of the applicant pool. This workshop will offer suggestions for writing a successful resume and cover letter.

Tuesday, Nov. 4, 2014 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, Nov. 5, 2014 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, Nov. 6, 2014 | 8–9 a.m.
SMC Campus Center, Room 307

Tuesday, March 17, 2015 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, March 18, 2015 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, March 19, 2015 | 8–9 a.m.
SMC Campus Center, Room 307

How to Revise and Self-Edit

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.

Tuesday, Nov. 11, 2014 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, Nov. 12, 2014 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, Nov. 13, 2014 | 8–9 a.m.
SMC Campus Center, Room 307

Tuesday, March 24, 2015 | 5–6 p.m.
SMC Campus Center, Room 307

Wednesday, March 25, 2015 | 1–2 p.m.
SMC Campus Center, Room 307

Thursday, March 26, 2015 | 8–9 a.m.
SMC Campus Center, Room 307

How to Read a Novel

Tuesday, Nov. 18, 2014 | 5–6 p.m.
SMC Campus Center, Room 307

Wish that you could get more out of your pleasure reading than just a plot line? This workshop will present strategies for approaching and appreciating literature.

How to Read a Poem

Tuesday, March 30, 2015 | 5–6 p.m.
SMC Campus Center, Room 307

Poetry is an art form that rewards close reading. This workshop will present strategies for approaching and appreciating poems.

Creative Writing Group

Thursdays at 5 p.m. | Oct. 23, 2014–April 16, 2015
SMC Campus Center, Room 307

Don't let your creative writing fall to the wayside during graduate school. Bring poems, short stories, novels, and any other non-academic writing to workshop with your peers.

Book Club

Take a study break and enjoy some leisure reading with the Book Club. We will have informal meetings throughout the semester to discuss books selected by the group.

Wednesday, Feb. 11, 2015 | 5–6 p.m.

Wednesday, March 11, 2015 | 5–6 p.m.

Wednesday, April 15, 2015 | 5–6 p.m.

SMC Campus Center, Room 307

Grammar Hour: Advanced

Thursdays at 1 p.m. | Oct. 23, 2014–April 16, 2015
SMC Campus Center, Room 307

Grammar Hour: Advanced is an ongoing workshop series designed to help ESL students and scholars improve their mastery of the English language.

Grammar Hour: Intermediate

Tuesdays at 1 p.m. | Oct. 21, 2014–April 14, 2015
SMC Campus Center, Room 307

Grammar Hour: Intermediate is an ongoing workshop series designed to help ESL students and scholars master the fundamentals of English.

STRESSBUSTERS

Stressbusters is a series of events designed to help students de-stress so that they can adequately gear up for finals. Stressbusters is hosted by Campus Life Services every semester.

You Passed! Decreasing Test Anxiety

Monday, Dec. 1, 2014 | Noon-1 p.m.

SMC Campus Center, Room 351

Stop fretting over finals! Get rid of the butterflies in your stomach. Do you ever feel so nervous during a test you can even concentrate? Test anxiety is quite common among students of all levels of study and can negatively impact even the best student. Found out more information about test anxiety and tips for better ways to manage it.

Co-Sponsored by the Wellness Hub and Student Counseling Center

Puppy Love

Wednesday, Dec. 3, 2014 | 11 a.m.-2 p.m.

Thursday, April 16, 2015 | 11 a.m.-2 p.m.

SMC Campus Center, Room 349

Finals are right around the corner. Take advantage of this unique opportunity to interact with animals and reduce your stress. Maryland's Pets on Wheels will bring its furry friends to the SMC Campus Center for all to enjoy. This event is open to students, faculty, and staff.

Calm & Collected: Coloring Contest

Friday, Dec. 5, 2014 | 11:30 a.m.-1:30 p.m.

Friday, April 17, 2015 | 11:30 a.m.-1:30 p.m.

SMC Campus Center, Fireplace Lounge

We listened when students said they wanted simple and creative ways to relieve stress! Relive your childhood memories of coloring this Stress Busters! Pick up a picture to color and post it to instagram to win!

#UMBStressbusters

Lego your stress! Come to the Block Party!

Tuesday, Dec. 9, 2014 | 11 a.m.-2 p.m.

Tuesday,

SMC Campus Center, Fireplace Lounge

Sit and build a castle or a village and forget about finals for just a little while. You've been go-go-going and we want you to take a breather! Bring your lunch and let us supply all the legos to help you take your mind off of finals!

What's a Chakra? Your Body's Bioelectric!

Wednesday, Dec. 10, 2014 | Noon-1 pm

SMC Campus Center, Green Room

Learn about chakra opening and how to use chakras to reduce stress and increase your overall health.

Late Night Breakfast

Thursday, Dec. 11, 2014 | 10 p.m.-Midnight

Wednesday, April 22, 2015 | 10 p.m.-Midnight

HS/HSL Library Tower

You're at the Library studying for your big test or writing the paper that's due tomorrow. It's late and you're hungry, but you don't want to leave the library to get food! Tonight, you're in luck. Come join us in the tower by the guard's desk on the first floor where Campus Life Services staff will serve a yummy breakfast for dinner!

Co-Sponsored by CulinArt, Inc and is open to students only.

Shake Away Your Stress!

Wednesday, April 15, 2015 | Noon–1 p.m.

SMC Campus Center, Fireplace Lounge

Stomp, shake and shimmy your way to better health! Come enjoy dancing to lively music during this Stressbusters event.

Seated Massages

Tuesday, April 21, 2015 | 11 a.m.–1 p.m.

SMC Campus Center, Green Room

Relax! Trained massage therapists will be available for 10-minute massages (students only!) to soothe the stress away. You can sign up for your slot by showing up at Green Room on the first floor of the SMC Campus Center. This event is open to students only.

Water Balloon Fight

Thursday, April 23, 2015 | Noon–2 p.m.

School of Nursing Lawn

It's National "Bring your child to work day!" Even if you don't have a child, this event is for you too! We will have an age-appropriate water balloon fight and other activities! In case there is rain, we'll have this event in the pool in URecFit!

I Heart UMB Day!

Friday, April 24, 2015 | 11 a.m.–2 p.m.

School of Nursing lawn & in front of SMC Campus Center

Open to students, faculty, and staff! A great time to de-stress! Let your inner child run free as you enjoy the inflatable obstacle course, mini golf, photobooth, pedestal jousting, carnival style food and much more! Have fun now - Study later!

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 Vice President

Flavius Lilly, MPH
Assistant Vice President