Greetings from the Office of Parent Services (OPS)

It’s hard to believe we’re near the end of the spring semester. We hope your student is more than ready for final examinations and summer break. Here at OPS, we’re prepping for this summer’s New Students and Family Orientations. This email includes tips on final exams, summer “to dos,” what to discuss with your student over the break, and important dates.

Final exams tips
The first day of final exams is tomorrow. It’s not too late to support your student through this process. Here are a few things you can do to help them stay focused until the very end:

- Send an e-postcard to remind them of the end goal.
- Make time to listen when/if they are feeling stressed.
- Remind them to continue to exercise, eat three healthy meals per day, and get enough sleep. Share these study tips.
- Encourage them to find quiet places to study, like the W.E.B. Du Bois Library, and to take breaks in between study sessions to improve their attention span and productivity.
- Help them concentrate on studying: refrain from calling unless necessary. Let them call you.
- Remind them that you care no matter what.

The services below are available to help your student succeed:

- Center for Counseling and Psychological Health (CCPH) is available 24/7 for routine matters or emergencies (413-545-2337 or 413-577-5000 after hours). Their drop-in Stress GPS workshop meets 3-4 p.m. daily through Friday, May 5.
- W. E. B. Du Bois Library, open 24 hours a day through May 10.
- Learning Resource Center, by appointment only during finals week.

Start Prepping for Move-Out!
Residence Halls will close for the summer on May 11 at 8 p.m. Please help your student take proactive steps to ensure that their move-out is successful. Encourage them to begin packing beforehand and remind them to turn in their key prior to leaving campus. If students are taking a bus or getting a ride, remind them to give themselves enough time to transition belongings, broom clean the room, and complete a proper check out. Students can also donate furniture and clothing in good condition in their residential area. You can find useful check out information, including traffic changes, moving bin availability and parking locations, on the Move-Out website!

Summer "to do" preview
There are a number of "to do" items students and families should complete over the summer.

- Students should regularly log into their SPIRE account to check for important messages from the university.
- They should also complete their financial aid "to dos" and submit any necessary documents by the deadline, accept or decline their financial aid awards, and take care of other business if applicable.
- Bills for the fall semester will be available through SPIRE starting July 15 and will be due August 10.
- Once bills have posted, eligible students who already have health insurance and want to waive the Student Health Benefit Plan (SHBP) should complete the waiver through their SPIRE account.
Students who do not wish to purchase SHBP must complete the waiver form every year. Visit the University Health Services website for more information on SHBP and the insurance waiver.

**Summer expectations and tips**

Many of our students will return home this summer to spend time with family, work, take summer classes, etc. As you’re getting ready to welcome your student, it’s important to acknowledge the possible differences in your lifestyles after living apart for the past academic year. Here are some insights:

- Keep in mind that your student has grown into a young adult and has become more independent. It’s important to balance your expectations and theirs and try to work together in a cooperative, collaborative way.
- Take some time to get reacquainted. Engage in conversation over the dinner table, while driving in the car, or while taking a walk, to allow for uninterrupted time.
- Use the summer to reflect on the past school year, its successes and challenges, and establish realistic goals for the fall.

Most importantly, enjoy the summer with each other.

**Parents of the Class of 2017: congratulations and thank you!**

Congratulations on your student’s well-deserved success. What an impressive achievement! They have reached a major milestone in their life and have accomplished a very important goal. We hope your graduate will stay connected to fellow alumni and their school/college by becoming involved with the UMass Amherst Alumni Association. The #CongratsUMass2017 page helps seniors prepare for, celebrate, and stay connected after graduation.

It has been an honor working with you during your student’s time at UMass Amherst, and we appreciate your participation and dedication. Best wishes to you and your student for your next adventure. As students transition to life away from campus, many parents like to stay connected to the university. One way to stay in touch is to follow our News Office website or subscribe to the RSS feed. If you wish to remain on our mailing list, you are welcome to do so. On the other hand, if you’d like to be removed from our listserv, simply click on the unsubscribe link at the bottom of this message. Families of graduates are not automatically removed.

**Enjoy your summer!**

For families of current students, this is our last scheduled e-newsletter of the spring semester. We hope you and your student have a wonderful summer break. We will resume our e-newsletter in August to help you get ready for Fall 2017. In the meantime, please visit the Family to Family Facebook group and blog to interact and network with other UMass Amherst family members and learn from their experiences.

**May Poll Question**

What has been the most significant change that you have noticed in your student since being at UMass Amherst? Participate in the poll and view previous results on the OPS website.

**Important dates**

- May 4: Final examinations begin
- May 11: Last day of final examinations
- May 11: Residence halls close at 8 p.m.
- May 12-13: Commencement Weekend
- May 22: First day of classes, Summer Session I

**Helpful links**

- Center for Counseling and Psychological Health
- Commencement 2017
- Financial Aid Services
- News Office
- UMass Amherst Alumni Association
- University Health Services
As always, if you have any questions or concerns, feel free to contact the Office of Parent Services. Our office is open Monday through Friday from 8:30 a.m. to 5 p.m. We are more than happy to assist you.

In case of a campus emergency, always follow the university’s main web page at www.umass.edu. The website will display a distinctly colored stripe at the top containing pertinent status updates and information related to ongoing emergencies.

Sincerely,

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Office of Parent Services website  •  UMass Amherst Parents on Facebook
• UMass Amherst Family to Family blog and Facebook group
Treating Our Parents as Partners

UMass Amherst Office of Parent Services