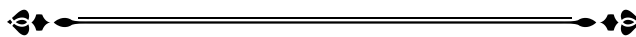


STUDENT PARENT SPOTLIGHT!



Sarah A. is graduate student in Comparative Literature and Translation Studies. She lives in South Hadley with Nora, who just turned 5.

Sarah is expecting another baby, Haya, in November! Sarah speaks Arabic and English.



What is something you like to do with your family?

"We love exploring new spots around the area, whether it's discovering a new library, trying out a new cafe, visiting a park or enjoying local fairs."

What is a favorite meal?

All pasta dishes are my favorite and I love experimenting with different recipes!

What is parenting like for your right now?

Beginning the academic year with Nora in Kindergarten has significantly helped us establish a structured routine, making it easier to balance my work and quality time with her. Parenting at this stage feels rewarding as I see her growth and independence. But it's also challenging knowing that our routine will shift dramatically in November with the arrival of a new baby

How is it going pursuing your degree?

I'm in the process of writing my prospectus. It's certainly challenging...identifying a thread to weave through and connect all of my chapters... but I find it exciting to discover new angles for my topic

Anything your particularly proud of?

My first book chapter is coming up soon!

If you could study something completely different what would it be?

Nutrition, food science, and anthropology. Understanding how different cultures approach food, spices and the cultural significance of healing practices associated with them fascinates me.

What helps you do your best as a student-parent?

This year I've been focusing on self-care to help myself live longer for my kids. I'm incorporating small adjustments to my routine to help destress, like dedicating time to journal or simply unwind without any responsibilities, which really helps me recharge. Besides SPP of course, I also appreciate the resources available at public libraries, where programs and play areas allow me to work a bit while Nora enjoys playing or reading. The YMCA offers 90 minutes of childcare, giving me the opportunity to engage in physical activities.

I want to share a Quranic verse which means "with difficulty, there is ease." Reminding myself and other student-parents that it's just a matter of time and this too shall pass.

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UMass Student-Parents...



RESOURCE HIGHLIGHTS



ON CAMPUS

All-Campus Makerspace

An interdisciplinary makerspace with access to space, tools, equipment, training, connection, mentorship, and sharing of practical knowledge. Equipment areas and on-site guidance for 3D printing, sewing, electronics, woodworking, machining, welding, and more! Open daily from 10am – 9pm - click the link below to register

[UMass Amherst All-Campus Makerspace : Institute for Applied Life Sciences : UMass Amherst](#)



IN THE COMMUNITY

Northampton Survival Center

Outdoor food pantry distribution from 2-6 p.m. on Mondays and 12-3pm on Wednesdays and Fridays

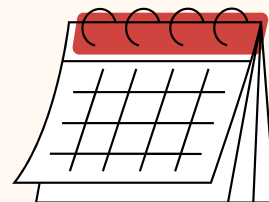
First Baptist Church, Amherst

Food pantry distribution from 2-4 p.m. on Wednesdays

Project Bread

Children and teenagers are eligible for free meals at hundreds of locations throughout the state.

Click calendar
for UMass Fall 2024
Academic Calendar



[Click for UMass EVENTS Calendar](#)

[Click for Family-Friendly Events](#)

Family Friendly Activities

Seasonal Family Fun

- [Magic Wings Butterfly Conservatory & Gardens](#) (South Deerfield, MA)
- [Mike's Maze](#) – (Sunderland, MA) Fridays from 11am – 5pm. Saturdays, Sundays, and Columbus Day from 9am – 5pm
- [McCray's Farm](#) (South Hadley, MA)
- [Apex Orchards](#) (Shelburne Falls, MA)
- [Clarkdale Fruit Farms](#) (Deerfield, MA)

Museums & Educational Activities

- [Eric Carle Museum](#) (Amherst, MA)
- [Emily Dickinson Museum](#) (Amherst, MA)
- [The Botanic Garden of Smith College](#) (Northampton, MA)
- [The New England Peace Pagoda](#) (Leverett, MA)
- [The Amazing World of Dr. Seuss](#) (Springfield, MA)
- [Springfield Science Museum](#) (Springfield, MA)
- [Energy Park](#) (Greenfield, MA)
- [Hadley Farm Museum](#) (Hadley, MA)

If you'd like more information about family activities and resources in your area, please reach out and we'll help connect you.



Don't hesitate to reach out if you need support or have questions.

We're here for you!

studentparent@umass.edu

(413) 545-9319

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