Greetings from the Office of Parent Services (OPS)!

April is a busy month – encourage your student to keep up with tasks and practice self-care. This email includes updates on hall closing, Commencement, life after UMass, and more.

Time management tips

Many college students struggle with time management, particularly around midterms and finals. Managing time now can prevent stress and anxiety later. Here are some sharable tips:

- **Set daily goals** each morning.
- **Establish a routine** and stick to it.
- **Schedule study breaks** – allowing down time for exercise and fun improves work focus.
- **Use a calendar or time management app** to track classes, assignments, study times, activities, jobs, etc.
- **Create a to-do list** and cross off items as you go.

In person or pre-recorded [Success Toolkit](#) workshops help students develop time-management, study, and test-taking skills.
When to worry

Academic and financial concerns, feelings of loneliness, and general stress can cause a student to struggle. As a parent or family member, you might be the first to recognize that your student is in distress. Below are some indicators to watch for:

- Difficulty concentrating or making decisions
- Lack of hygiene or personal care
- Alcohol or drug abuse
- Missing classes, procrastination, decline in grades
- Significant weight gain/loss
- Isolation or sudden withdrawal from friends and activities they used to enjoy
- Excessive fatigue, insomnia, lack of energy
- Statements of hopelessness
- Outbursts or unusually emotional responses; angry, or belligerent behavior
- Increased fearful, anxious, or nervous behavior

If you see signs that your student may need help, speak to them directly or contact appropriate campus resources such as the Dean of Students Office or the Center for Counseling and Psychological Health. In a life-threatening emergency, always call 911.

Final Commencement announcements

We look forward to seeing families and friends of our graduates at Commencement Weekend 2022.

- Graduating seniors can purchase gear, have a portrait taken, and pick up their cap and gown at the Commencement Fair, Thursday, May 5, 11 – 4 p.m. in the Student Union Ballroom.
- Caps and gowns can also be picked up from Monday, May 9 – Thursday, May 12, 10 a.m. – 5 p.m. in the Campus Center, 165-69. No pre-order is necessary.
- Seniors are cordially invited to the Commencement Ball.
- On Commencement Day, Friday, May 13, graduates should arrive in lot 11 at McGuirk Stadium by 3:30 p.m. Ceremonies begin at 4:30 p.m. and end around 6:30 p.m. The stadium opens at 2 p.m. for general seating.
Senior Recognition Ceremonies for schools and colleges take place Thursday, May 12 – Saturday, May 14.

Note: Masks are welcome but not required. Guests do not need to show proof of vaccination or negative test results for any Commencement event.

As we welcome thousands of guests to campus, security protocols, including metal detectors at Mullins Center and McGuirk Alumni Stadium entrances, will be in place to ensure campus safety. Guests are advised to pack lightly because items taken into either venue are subject to search. Prohibited items will be confiscated and not returned. Allow a little extra time for security at your point of entry.

Life after UMass

If your student is graduating this semester, remind them that topics you discussed during college such as financial responsibility, student loan repayment, housing, roommates, and communication expectations still apply during their transition into employment or graduate school.

Remind them to back up files and download important emails before leaving campus. Graduates in good standing have access to all IT services for six months and university email at no cost for one year. They also have lifelong access to Handshake (our career services platform) and to career advising from Central Career Services for six months.

We hope you and your student will attend the Life after UMass Webinar on Wednesday, April 20 at 6:30 p.m.

Spring To Dos

Encourage your student to take care of business before leaving campus this spring to make fall semester go more smoothly.

- Fall 2022 course registration
  Fall registration is underway. Appointment priority is based on earned credit hours. Students should meet with their advisor prior to registering. Fall class schedules can be changed up until the Add/Drop deadline, Monday, September 12.
• **Important new requirement**
  The Bursar’s Office has implemented a student [Financial Responsibility Agreement](#) that must be accepted each year before a student is able to enroll in any course, including UWW courses. See their [Financial Responsibility FAQ page](#) for more information.

• **Paperwork/To Dos**
  Students should resolve To Dos in SPIRE, respond to university emails, pay outstanding bills, and complete financial aid documentation and other paperwork. Financial aid award notifications are sent starting in mid-June.

• **Internships and study abroad**
  If your student plans to intern or study abroad in summer or fall, they should submit required paperwork while they are still on campus rather than from a distance.

• **Textbooks**
  [eCampus @ UMass](#) book buyback and rental return is May 4 – 6 in Campus Center Room 202. Hours are Wednesday and Thursday, 9 a.m. – 5 p.m. and Friday, 9 a.m. – 2 p.m.

• **References and recommendations**
  Now is the time to request references or recommendations needed for summer. It is preferable to ask in person, especially if your student hasn’t been in recent touch with the instructor or staff member.

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**Spring Move-Out**

Residence halls close at 8 p.m. **Thursday, May 12.** 11,000 campus residents have finals on May 11-12, so the last two days of Move-Out will be busy. To make the process as smooth as possible, students are encouraged to:

• Bring home some items early, if possible.
• Reserve summer storage. UMass partners with [Dorm Room Movers](#). They provide boxes and coordinate spring pick-up and fall drop-off.
• Eliminate clutter by deciding early which items to donate to [New2U](#), recycle, or throw away.
• Be aware of Move-Out traffic pattern changes in [Southwest](#) and [CHCRC](#).
• Move out before Wednesday, May 11, if possible, to avoid heavy traffic and long wait times.
Graduating seniors may stay until 10 a.m. Sunday, May 15. If your student has a circumstance such as a flight issue or graduating sibling, they may request permission to stay late beginning April 25.

Review the Move-Out website for details including room key return, loading zones, and bin use.

**Online Summer Session classes**

Summer Session registration is now open. With nearly 600 online class offerings, students can complete General Education (Gen Ed) requirements and stay on track towards graduation. Online classes can be taken in any location without disrupting summer plans. **Sessions start May 19 and July 11** and fill up quickly.

**Note**: There is an additional fee for summer session – classes are not included in your student’s regular tuition.

**Be part of UMass Dining’s 15th edition Taste of Home Cookbook**

Submit up to two of your family’s favorite recipes by the October 7 deadline to be featured as a “Taste of Home” special in all dining commons next fall and published in the 15th edition Taste of Home Cookbook. UMass Dining will send you a UMass baseball cap or tee shirt upon receipt of your recipe(s) with a limit of two caps or tee shirts per family each year.

**From the UMass Parents Advisory Council**

**You are invited to the Family to Family Neighborhood Social!**

The UMass Amherst Parents Advisory Council will again partner with the Dean of Students Office and OPS during UMassGives, April 28 – 29, to raise funds for the Student Care and Emergency Response Fund (SCERF) and the newly created Family to Family Fund for undergraduate students and families.

Please save the date for a free virtual social event during our Power Hour, Thursday, April 28, 6 – 7 p.m. (more info and Zoom links coming soon), and donate if you can to benefit these great causes. We understand that not everyone is in a position to give, but small
contributions add up quickly when we come together as a community. To cover processing costs, a $5 minimum donation is suggested. Thank you in advance for your generosity.

**Family Weekend Planning**

Start planning for Family Weekend, October 14 – 16. It offers something for everyone, from academics and the arts to wagon rides and other classic fall activities. Registration opens in August, but you can make hotel reservations at [off-campus locations](#) now.

**Conversation Starters**

Supportive and consistent messages and discussions about college life can play a significant role in a student’s college success and development. Here are some questions to continue meaningful conversations for a deeper relationship with your student.

- How do you spend your time when you have a long break between classes?
- What system do you use to keep track of your schedule and appointments?
- What time of day are you the most productive?

**April Polling Question**

During this academic year, on what topic did you personally contact UMass? Participate in the poll and view previous results on the [OPS website](#).

**Important Dates**

**April 19:** [Fresh Check Day](#) mental health check-in, 2 – 5 p.m., Campus Center Auditorium  
**April 24:** [Out of the Darkness Walk](#) for suicide prevention, 9 a.m. – 2 p.m., Haigis Mall  
**May 4:** Last day of classes  
**May 5:** [Commencement Fair](#), 11 a.m. – 4 p.m., Student Union Ballroom  
**May 6:** Final examinations begin  
**May 6:** [Commencement Ball](#)  
**May 9-12:** Senior portraits, Campus Center 162-75  
**May 12:** Last day of final examinations  
**May 12:** Residence halls close at 8 p.m.
May 13: Commencement ceremonies
May 19: First day of optional Summer Session I classes

Links to UMass Amherst Websites

Center for Health Promotion
Campus Pulse
Campus Recreation
Financial Aid Services
Residential Life Student Services

As always, if you have any questions or concerns, feel free to contact the Office of Parent Services, Monday through Friday, 8:30 a.m. to 5 p.m. We’re more than happy to assist you.

Sincerely,
Rose M. Boulay, Director
Office of Parent Services
Bartlett Hall, 130 Hicks Way, # 280
University of Massachusetts Amherst
Amherst, MA 01003-9269

In case of a campus emergency, visit the university's homepage at umass.edu. The site will display a distinctly colored banner at the top containing status updates and emergency information.

Email: umassparents@umass.edu • Phone: (413) 577-4444 • Fax: (413) 545-9631 • Office of Parent Services • UMass Amherst Parents: Facebook • UMass Amherst Family to Family blog and Facebook group

Treating Our Parents as Partners