DATES TO REMEMBER

A great place to keep track of what is going on at UCM is through our university calendar found at [www.ucmo.edu/calendar/](http://www.ucmo.edu/calendar/). A few of the many important dates for the fall semester include the following:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>November 19-23</td>
<td>Fall Break and Thanksgiving Holiday</td>
</tr>
<tr>
<td></td>
<td>Residence halls close at 6 p.m. on Friday, November 16 and will reopen at noon on Sunday, November 25</td>
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<tr>
<td>December 10-14</td>
<td>Finals week</td>
</tr>
<tr>
<td>December 14</td>
<td>Residence halls close at 6 p.m. and will reopen at noon on January 13</td>
</tr>
<tr>
<td>December 15</td>
<td>Undergraduate Commencement Ceremonies</td>
</tr>
</tbody>
</table>

Do you have trouble remembering all of those campus dates and deadlines? Add “UCM MoInfo” to the Facebook pages that you “like” and you will receive updates from the Office of the Registrar and Office of Student Financial Services. These announcements will include information regarding course enrollment, fee payment, financial aid, graduation, refund dates and other important deadlines. The Registrar’s Office also tweets. Check out their Twitter account at “UCM Registrar”.

SPRING ENROLLMENT

Priority enrollment for first-time freshmen has ended and we have entered into the Open Enrollment period. In order to obtain a strong spring schedule, we encourage students to register as quickly as possible. A recent email was sent notifying your student to register. If a student has a hold of any type that is preventing them from registering, they have been notified and asked to take action to resolve the hold so they can register.

At this point, 66% of our first-time/full-time freshmen have registered for the spring. Our goal is to have 90% or higher of this group continue enrollment for the spring.
THANKSGIVING HOLIDAY

University classes will be held through the end of the day Friday, November 16, 2012. The residence halls will close at 6 p.m. on Friday. Those students who have a long travel time and have late afternoon/evening classes that wish to stay later than 6 p.m. need to make arrangements with their Residence Hall Director. The residence halls will reopen on Sunday, November 25, at noon.

PURCHASE ADDITIONAL MEALS AND DINING DOLLARS ONLINE!

Is your student running low on meal and/or dining dollars for this semester?

Students now have the option to purchase additional meals and/or dining dollars online with payment via a web check. Your student can log on to their MYCENTRAL account and click on the “Meal Plan for 2012-2013” link. Students are able to purchase additional blocks of 10 meals and/or additional $25 increments of dining dollars to get them through until the end of the semester.

STUDENT FINANCIAL AID

The staff of the Office of Student Financial Services wants your student to have a satisfying and challenging educational experience here at UCM. Therefore, please be sure to let us know if your son or daughter experiences unanticipated personal or family financial problems. We don’t want these kinds of issues to have a negative impact on any student’s academic success. If needed, please encourage your student to stop by our office (1100 Ward Edwards Bldg.), call (660-543-8266) or email us at www.ucmo.edu/contactsfs. Our staff will assist in any way we can and may possibly be able to identify some additional type(s) of financial aid that can be used to help your student. Or, you yourself are certainly welcome to contact the UCM Office of Student Financial Services (or check out the information and many links at www.ucmo.edu/sfs) and let us know how we can be of service to your son or daughter.

STUDY ABROAD

The University of Central Missouri believes strongly in the development of an international perspective among its students and faculty. We strive to provide individuals with a variety of international opportunities, helping them develop clear insights into the increasing interdependence of today’s world. Our goal is to promote an understanding of how differences among nations, cultures, races and languages influence our perceptions of world issues and events.

One of the most exciting educational experiences offered at the University of Central Missouri is the opportunity for students to spend time studying abroad. In addition to personal and academic growth, the study abroad experience also has a positive impact on future employment opportunities. We recognize that the 21st Century economy will be that of a global economy, and that the student with the personal experience of interacting with other cultures will have significant advantages in the workplace.

For more information on benefits, cost, scholarships and locations available visit www.ucmo.edu/international/studyabroad/.

INTERNSHIPS

Students are encouraged to begin their search for internships relatively early, depending on the internship that interests them. Some highly selective internships have deadlines as early as the first of October for the following summer, but most freshmen and sophomores are able to find an internship or summer job if they begin their search in January or February. While it is ideal for students to start their search for summer opportunities early, the Office of Career Services will work with students to help them strategize for a search at any time throughout the year. Students can schedule an appointment with their Career Development Coordinator by calling our office at 660-543-4985.

EATING HEALTHY IN THE DINING HALLS

When students first come to campus, the place where they eat...whether they are joining us in our resident dining restaurants or retail food court...may seem a little overwhelming at first, but soon it will become a very familiar place. It's going to be fun...a place to meet, eat and socialize with friends. There will be a wide variety of choices from the old favorites like burgers and pizza, fried chicken and spaghetti, to new dishes and flavors from around the country and the world along with vegan, vegetarian choices, and an abundance of seasonal fresh fruits and vegetables.

Your students are here to get a degree but you also want them to graduate with a healthy and fit body, as well. Good nutrition is about choice and balance. A healthy diet is a balance of different foods with different nutrients. That’s why we provide nutritional information so that students can make informed, healthy choices. We also recommend students try varying their food choices…the grill, the soups, pizza, the entrée station, the salad bar, the deli, pairing their selection with some steamed vegetables or fresh fruit and a nice cold water to top off the meal. We also suggest the students use moderation especially when it comes to desserts. It is very tempting to try sampling everything at once, but not practical. It is very helpful to get a copy of the menu in advance (available at: www.ucmo.edu/diningservices/) and begin to highlight menu selections for each meal. Additional information is available in each on-site campus dining restaurant or at www.balancemindbodysoul.com.

ROOMMATE CONFLICTS

Most of our students arrive on campus without ever having had to share a room with someone. Learning to get along with others and be appropriately assertive is an important part of the college experience. Here are a few suggestions of how you can assist your son/daughter, should a roommate conflict arise:
• Help your son/daughter understand their needs and expectations regarding their living environment and how they can communicate these to a new roommate, as well as listen to the roommate’s needs and expectations.

• Move-in with positive assumptions about the roommate and encourage your child to have an open mind. Experiencing others who are different from them is an important part of college and assists your child in living in the “real world.” In addition, University Housing does not allow room changes for the first two weeks, which allows for an adjustment period for everyone involved.

• As much as you may want to step-in, your role needs to be to listen and support. Encourage your child to talk with their roommate to work out an agreement for the room. If necessary, your child can also ask building staff to assist them with this discussion.

• Although it is not the norm, some roommate situations cannot be worked out. It is important to involve the Housing staff in these discussions to make sure all avenues have been explored to reach an agreement. If all else fails, both roommates may possibly be asked to move.

**ASK-LISTEN-REFER**

The UCM Counseling Center can provide assistance on how to help a person who may be suicidal. The suicide prevention training program “Ask-Listen-Refer” can be found at: [www.asklistenrefer.org/ucm](http://www.asklistenrefer.org/ucm). This program is designed to help faculty, staff, parents, and students:

- identify someone at risk for suicide
- recognize the risk factors, protective factors, and warning signs of suicide
- respond to and get help for someone at risk

Resources available include:

- National Suicide Hotline: 1-800-273-TALK
- UCM Counseling Center: 660-543-4060 or [www.ucmo.edu/cc/](http://www.ucmo.edu/cc/)

If you would like to sign up to receive this newsletter via email, click [here](http://www.asklistenrefer.org/ucm).