

# COLLEGE PARK SCHOLARS

## Parent eNewsletter

### College Park Scholars Newsdesk and Calendar

Stay current with events in the community and be sure to note important dates for your calendar.



### Family Weekend

Check out some highlights from College Park Scholars role in this year's Family Weekend.

### Scholars on the Hill



Learn more about College Park Scholars annual "Scholars on the Hill" series.

### Coping with Midterms

Learn some tips to share with your student about successfully conquering the stress of exams and maintaining a healthy lifestyle.

### Halloween Events

Read about seasonal activities in our living-learning community.

Greetings from Scholars,

The age of technology has changed so much, including the transition for families when their children head to college. We know from our students that the weekly calls home of yesteryear have been replaced with daily cell chats, IMs, or emails with family members. Parents hear about conflicts with friends, challenges in the classroom, and the newest, greatest adventures almost instantly--a mixed blessing for us all! Hopefully the news you are hearing from your children these days is good and you are learning about academic successes, budding friendships and exciting possibilities for the upcoming year.

Since we know your children continue to rely on you for support, we want to be sure you are aware of the many resources available to students at the university. We hope you will encourage them to seek out the people and resources that will help them identify new opportunities or support them through an immediate challenge.

We have an impressive and caring group of faculty associated with Scholars—resources your children should take full advantage of! Encourage them to set up a time to meet with faculty, especially if they feel they could use some academic guidance.

Since this is the time of year that exams and papers start to demand attention, students may want to take advantage of some of the resources providing academic support. There is a [Writing Center](#), [Math Success Program](#), and a variety of [tutoring programs](#) available on campus.



In the midst of school work, we hope students will take a little time each day to relax: take a walk, play frisbee on the quad, go to The Eppley Recreation Center for a swim, hang out with friends. There are free Tuesday concerts at the [Clarice Smith Performing Arts Center](#) (and student tickets are only \$7 to other performances), [bowling](#) and [movies](#) in the Union, and a multitude of lectures and events held each day. Encourage your son or daughter to read the weekly listserv distributed through Scholars to learn what's happening in Scholars and beyond. They will concentrate better and get more accomplished if they take some down time.

Fall is also the time for students to begin making plans for the Spring semester. Registration for spring classes will be starting soon, so students should make plans to meet with their academic advisors. For students seeking to expand their horizons beyond the classroom, they may want to look into [externships](#) during winter break, [study abroad](#), [community service](#), [civic engagement](#) or [internships](#) opportunities.

College Park Scholars is gearing up for a number of our spring events as well. We're excited that students are working on plans for the first-ever Scholars Semi-formal in February! Each of the Scholars program is gearing up for our annual Academic Showcase and the "Step to Bat for Kids" Charity Softball Tournament. Scholars in New York plans are well underway as well. (You're invited too!)

For students, success in college is a combination of their hard work and native intelligence, which is then nourished by new challenges and on-going support from families, College Park Scholars, and the university. Thanks for all that you do to support your children and their experience here at the university.

Enjoy!

Martha Baer Wilmes

Associate Director for Student Affairs

## MARK YOUR CALENDARS

### Thanksgiving

North Campus Residence Halls will be closed on Wednesday, November 21, 2007 at 7 p.m. for Thanksgiving break. Residence halls will reopen starting Sunday, November 25, 2007 at



10a.m. Classes will resume Monday, November 26, 2007. Unfortunately, there will be no housing available for students wishing to stay on campus after break begins on November 21.



### Tri-State Area Transportation Accommodations

The Department of Transportation Services will provide roundtrip transportation to New York City for the Thanksgiving recess. Buses will depart from the Student Union on campus and drop off passengers at Port Authority in New York. If your

student is interested in using this service, please register for transportation accommodations as soon as possible because seating is usually very limited, particularly for the Thanksgiving trip. To register, please visit [www.transportation.umd.edu](http://www.transportation.umd.edu) or call 301-314-0183.

**Details for this service are below:**

#### WEDNESDAY, NOV. 21, 2007

*Depart from:* Student Union

*Time:* 2 p.m.

*Destination:* NY Port Authority

#### SUNDAY, NOV. 25, 2007

*Depart from:* NY Port Authority

*Time:* 12 p.m.

*Destination:* Student Union

### Deadline for Withdrawing from Classes

Wednesday, November 7, 2007, is the last day for undergraduate students to withdraw from a course with a "W". After this period, students may no longer drop a course and there will be no refunds credited. Please see the university's website for further policy on this issue.



## FAMILY WEEKEND

An open house was hosted from 3:00 p.m. - 4:30 p.m. in the Cambridge Community Center where parents of first and second-year students had an opportunity to meet with representatives from the program. More than 100 attendees dropped by for this



year's open house and countless more participated in other Family Weekend events.

We would like to thank all of the parents and family members that attended Family Weekend. Your enthusiasm for the College Park Scholars and the university is greatly appreciated and we

hope to see you again next year!

## Midterms

Midterms are here and although they are not the most memorable and enjoyable part of the college experience, there are many ways for your student to get through them with minimal levels of stress.

The Department of Resident Life has suggested a few ways for students to try to cope during this hectic time of year and the exams and papers that accompany it.

**Sleep:** Try to get 7-10 hours of sleep per night.

**Meditate:** Perform various breathing exercises and focus attention on your body, not your stress.

**Chill Out:** Create time for yourself and to hang out with friends.

**Work Out:** Go to the gym to take a break from studying to boost your energy. Many physical activities are proven stress-relievers.

**Eat:** Eat a hearty breakfast and don't skip meals throughout the day. Eating is vital for concentration.

**Talk:** Share your problems with others. You are not alone!

**Get Help:** If you are having trouble in your classes or difficulty grasping a topic, seek help from your teaching assistants or professors. If you are still feeling anxious, contact the Counseling Center (x47651) or 4HELP for advice.

## Halloween Events

The Bel Air, Chestertown, Cambridge, Centreville and Cumberland Hall Councils have teamed up to co-host the annual Halloween party at the Cambridge Community Center.

The event will take place on Wednesday, October 31 from 9:00 p.m. until midnight. Divya Nithianandam, Science, Technology and Society scholar, attended the event last year. "I came dressed up as a bunch of grapes. I had purple balloons taped all around me and almost won the costume competition," she said.



The community will also be hosting a Trick-or-Treating event for Lakeland Elementary school students. For this event, the elementary students will go door-to-door to all participating residents giving out candy. Centreville will host this event Wednesday, October 31 and Cumberland will host on Thursday, November 1.

Centreville and Cumberland Hall residents wishing to participate in this event should look for more information shortly.



## *Scholars on the Hill*

Once again, College Park Scholars is working with the Office of the President for Federal Relations to plan and organize “Scholars on the Hill” opportunities for students. The program allows students to visit Washington, D.C. and learn more about the federal government.

The first “Scholars on the Hill” event occurred on Friday, October 19, 2007. Buses departed campus at 9:00 a.m. and returned at 4:00 p.m. The trip included a meeting with House Majority Leader Hoyer and Senator Mikulski’s office staff, as well as a tour of the Capitol. The Advocates for Children program has coordinated this trip.

The International Studies Scholars program will host the second “Scholars on the Hill” trip on November 2, 2007 for all who are interested. Although the time is yet to be announced, attendees will not leave earlier than noon and the first event will be an information session at 2 p.m. at the Department of State. Students must bring a government ID, such as a driver’s license or passport, in addition with their student ID. Foreign students are also advised to bring their passports. For more information, or to register, please contact Greig Stewart, Executive Director of College Park Scholars at [gstewart@umd.edu](mailto:gstewart@umd.edu).

To learn more about past trips to the Hill, check the scholars website.



### *SPOTLIGHT: Life Sciences*

Biochemistry, psychology, chemistry, horticulture, and animal sciences majors are among the students who have found meaningful connections in College Park Scholars program. Members of Life Sciences, these are some of the many who have participated in this rigorous and rewarding living-learning curriculum. The program has generated significant praise since its creation in 1994. Students within the program acquire skills needed for the professional practices of medicine, dentistry, research and veterinary science.

Not only are students offered valuable scientific knowledge in their academic coursework, they also experience the natural world through extracurricular activities consisting of field trips and study abroad opportunities in Belize and Australia. Life Sciences’ most recent Western Maryland camping trip occurred September 14 - September 16, 2007, and allowed students to experience the natural world together. Lauriane Stewart, a freshman in Life Sciences said the camping trip was “not only a bonding experience, but a learning experience as well.” Please check the program’s website, accessible through the main College Park Scholars page, for other opportunities and details.

## *A Message to Parents:*

Every day in the program offices in Cumberland Hall, student workers nestled behind Macs and PCs chisel away at various projects to bring College Park Scholars to a higher level of excellence. Each task has its own relevance in the community and no role is insignificant in the life of the program.

As news gatherers, we work to maintain awareness among parents and family members who have a valued interest in the program and as devoted members of a community, our objective is to bring to you a newsletter that shines light on the types of activities and events that our scholars have access to and participate in.



We realize that in the midst of conversations, if you're lucky, you get a vague description of what classes your student is taking or what they did on a given weekend. What we aim for is to bring you a glimpse into another facet of their lives that they may not always get to when recalling the awful chemistry exam that they took this past Monday or the trip into D.C. they enjoyed with a group of their friends last weekend.

Because we want to bring you a newsletter that will truly inform you of the things you find important in College Park Scholars, we ask for your feedback. We feel that thoughts from parents and family members will aid us in our efforts to bring to you the news that will respond to your questions and interests.

So with this in mind, College Park Scholars is asking for your comments and suggestions. Please know that it is through your ideas that we as a community can work together to continue our mission to make College Park Scholars the program that we aim to deliver.

Send comments to [kspera@collegethinkscholars.com](mailto:kspera@collegethinkscholars.com)

