

# ub PARENT & FAMILY CONNECTION

UNIVERSITY OF BALTIMORE NEWSLETTER FOR PARENTS AND FAMILIES

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## 2014 Academic Calendar

Last day to drop with a "W"	April 1
Classes end	May 11
Reading Day	May 12
Exams	May 13-19
Grades due	May 23

For more information,  
visit [www.ubalt.edu/academiccalendar](http://www.ubalt.edu/academiccalendar)

## Stress Busters for Exam Week

By Tkeyah Lake

College wouldn't be college without exams. It is a rite of passage for all students. With these suggestions, exams should become more manageable for both you and your student:

- 1. Study in Chunks:** Something learned in January may seem vague by the time exam time rolls around in May. Study more effectively by breaking material into sections by topic. Reviewing material this way will help identify the information that needs the most attention.
- 2. Study in Groups:** Group study sessions help you stay motivated and can help you understand information more efficiently. As an added bonus, there is an opportunity for everyone in the group to learn from one another.
- 3. Get a Good Night's Sleep:** It is critical to get at least eight hours of sleep the night before an exam. During a REM cycle, researchers believe that the brain consolidates information it processed throughout the day, which can help students prepare for exams.
- 4. Eat a Well-Balanced Breakfast:** During a two- or three-hour exam, nothing is more irritating than hearing your stomach growl. Making sure you eat a hearty meal helps energize you and minimizes distractions. Even a simple breakfast of a banana and cereal can make all the difference.
- 5. Offer Encouragement:** Nothing minimizes test anxiety more than encouragement. Simply let your student know that you are proud of them, that you know how hard they worked and that you're confident they can perform well, and they'll gain confidence and be motivated to study harder.

*Tkeyah Lake is a senior, student tutor and peer academic coach at UB. She will be graduating in May with a B.S. in Corporate Communications.*

Learn more about [Campus Recreation and Wellness at www.ubalt.edu/campusrec](http://www.ubalt.edu/campusrec).

## Is it Time for Tutoring?

UB's Achievement and Learning Center is offering tutoring in more than 80 courses this semester, as well as writing consultations and academic coaching. While tutors are available until the last day of classes, we recommend students talk with a tutor the very first time they don't receive the grade they wanted.

Whether your student's goal this semester is to earn a competitive GPA or just to survive a tough statistics class, the ALC can help. Our services help students clarify and reinforce what they learn in the classroom, enhance specific skills and provide a network for support for their academic aspirations.

To find out more visit [www.ubalt.edu/alc](http://www.ubalt.edu/alc).



Contact the  
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**Shelia Higgs Burkhalter**  
Associate Vice President  
for Student Affairs

## Branching Out

By Sierra Dennison

Coming to the University of Baltimore as a freshman was a different experience from most of my peers at other colleges. UB is not a residential school, has a lot of commuters and has a unique first year scheduling. Freshman are required to take Learning Communities, which allow students to become well acquainted with professors and classmates. Because you spend a great deal of your time in your Learning Community, it is easy to establish your extracurricular and social activities within that group. Some find it difficult to branch out.

When I came to [UB], I wanted to reach out and find other people outside of my Learning Community. The key to making friends on this campus is to become involved. I joined the Student Events Board and Student Government Association immediately, which allowed me to make many meaningful and fun relationships. There are always events to attend and meet new people. Also, there are over 70 clubs on campus, which could spark many people's passions. I love the friends I have made in these clubs and they have become a family of sorts. Friendships make the college experience, so branch out and enjoy UB.

*Sierra Dennison is a freshman and UB Student Government Association senator at UB.*

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## Career Planning Starts Now

We know that one of the reasons your student is enrolled at UB is to prepare for the next step in their careers. At UB we believe in "Knowledge That Works," which means that we commit to empowering students to make their career dreams come true. The career coaches at our Career and Professional Development Center work with students one-on-one and through events and workshops to guide students in:

- assessing their knowledge, skills and abilities
- choosing appropriate majors
- creating a robust resume
- identifying internship opportunities
- creating a job search plan
- marketing themselves through networking
- connecting with mentors for guidance.

Please encourage your student to connect early in their time at UB so they can get off to a good start.

**For more information, please go to [www.ubalt.edu/careercenter](http://www.ubalt.edu/careercenter) or call us at 410.837.5440. We are happy to hear from you and your student.**

## CAMPUS RESOURCES

### Achievement and Learning Center

tutoring, writing consultations, academic coaching  
410.837.5383 • [www.ubalt.edu/alc](http://www.ubalt.edu/alc)

### The Bob Parsons Veterans Center

resources, services and support for UB's veteran and military community 410.837.5909  
[www.ubalt.edu/veteranscenter](http://www.ubalt.edu/veteranscenter)

### Campus Recreation and Wellness

recreation, sports, gym, wellness and fitness coaching  
410.837.5591 • [www.ubalt.edu/campusrec](http://www.ubalt.edu/campusrec)

### Career and Professional Development Center

career counseling and coaching, career fairs, on-campus recruiting, internship and job bank, mock interview sessions, workshops and seminars  
410.837.5440 • [www.ubalt.edu/careercenter](http://www.ubalt.edu/careercenter)

### Center for Educational Access

individualized assistance and accommodations, sign language interpreters, alternative testing, note takers and texts on tape  
410.837.5159 • [www.ubalt.edu/disability](http://www.ubalt.edu/disability)

### Counseling Services Center

individual and group counseling, psychiatric referrals, mental health outreach, crisis intervention  
410.837.5159 • [www.ubalt.edu/counseling](http://www.ubalt.edu/counseling)

### Diversity and Culture Center

advances appreciation of multiculturalism, internationalism and diversity  
410.837.4756 • [www.ubalt.edu/imss](http://www.ubalt.edu/imss)

### Henry and Ruth Blaustein Rosenberg Center for Student Involvement

leadership development, student activities and organizations  
410.837.5417 • [www.ubalt.edu/csi](http://www.ubalt.edu/csi)

### Office of Community Life and the Dean of Students

parent support, UB Living, student policies, health insurance, residency petition, commencement  
410.837.4755 • [www.ubalt.edu/communitylife](http://www.ubalt.edu/communitylife)

### Office of Financial Aid

grants, loans, scholarships, work study, need-based aid  
410.837.4763 • [www.ubalt.edu/financialaid](http://www.ubalt.edu/financialaid)

### Parking Information

410.837.6573 • [www.ubalt.edu/parking](http://www.ubalt.edu/parking)

### Office of Freshman Advising

individual advising, course registration assistance, parent and student academic support 410.837.5417  
[www.ubalt.edu/freshmanadvising](http://www.ubalt.edu/freshmanadvising)

### UB Housing

housing referral, roommate connector, city information  
410.837.5434 • [www.ubalt.edu/housing](http://www.ubalt.edu/housing)

### UB Police Department

campus security, shuttle service  
410.837.4444 • [www.ubalt.edu/ubpolice](http://www.ubalt.edu/ubpolice)