

# September

2023

College of Nursing & Health Sciences

## Conversation Starters

Welcome to Campus  
 Healthy Behaviors (eat, sleep, activity)  
 WellTrack

### CNHS Diversity Groups :

New England Black Nurses Association (NEBNA)  
 Men in Nursing  
 Latina X



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Academic Year commences	2
3 Freshman Move in Day	4 Labor Day – No Classes	5 Convocation	6 First Day of Classes Week of Welcome	7 4pm STEP Up BBQ	8	9 8am STEP Up events
10	11	12	13 Last day to Add, Drop, or Audit CORSAIRFAIR 2023	14	15	16
17	18	19	20	21	22 Apple Picking and Bon Fire	23
24	25	26	27	28	29	30

# October

2023

College of Nursing & Health Sciences

## Conversation Starters:

May begin to question whether they made the right choice

First exam grades posted

5-week Progress Reports



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Blue and Gold Weekend
8	9 Indigenous Peoples' Day - no classes	10	11	12 Last day to file Pass/Fail	13	14
15	16 5-week Progress Reports	17	18	19	20	21
22	23 Academic Advising for spring begins	24	25 Mental Health Day - no classes	26	27	28
29	30	31				

# November

2023

College of Nursing & Health Sciences

## Conversation Starters:

- Roommate challenges become clear; Potential room changes
- Many exams, papers, projects due before Thanksgiving break
- Excitement, anxiety about going home for their first break



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Registration for spring begins	7	8	9	10	11 Veteran's Day Holiday – No Classes
12	13	14	15	16	17 Last Day to Withdraw from Class	18
19	20 10-week Progress Reports	21	22 Thanksgiving Recess begins after last class	23 Thanksgiving Holiday – No Classes	24 Thanksgiving Holiday – No Classes	25
26	27 Classes Resume	28	29	30		

# December

2023

College of Nursing & Health Sciences

## Conversation Starters:

Fear about preparing for upcoming finals  
Different emotions about going home for the holidays



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 Last Day of Fall Classes	12 Study Day – No classes	13 Final Exams Begin	14	15	16
17	18	19 Final Exams End	20 Winter Break Begins	21	22	23
24	25	26	27	28	29	30
31						

# January

2024

College of Nursing & Health Sciences

## Conversation Starters:

Fresh Start

Anxiety/excitement to return

Satisfaction and/or disappointment with Fall

Term Grades



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 First Day of Classes	23	24	25	26	27
28	29 Last day to Add, Drop, or Audit	30	31			

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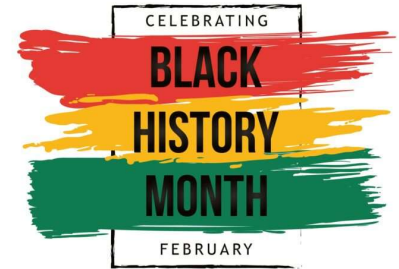
# February

2024

College of Nursing & Health Sciences

## Conversation Starters:

- Onset of winter weather brings on differing emotions – check on wellbeing
- 5-week Progress Reports
- Concern about finding housing for the next academic year



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Presidents' Day Holiday: no classes	20 Follow Monday's class schedule	21	22	23	24
25	26 5-week Progress Reports	27 Last day to file Pass/Fail	28	29		

# March

2024

College of Nursing & Health Sciences

## Conversation Starters:

- Midterm Exam Stress
- Concern about finding summer employment
- Spring Break Plans

*Red Cross Month*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 Spring recess begins	12	13	14	15	16
17	18 Classes Resume	19	20	21	22	23
24	25 Advising for Fall semester begins	26	27	28	29	30
31						

# April

2024

College of Nursing & Health Sciences

## Conversation Starters:

- 10 week Progress Reports
- Excitement with the arrival of spring
- Excited about classes for next year
- Feeling comfortable and 'at home'



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Registration for Spring Begins 10-Week Progress Reports	2	3	4	5	6
7	8	9	10	11	12 Last day to Withdraw from a class	13
14	15 Patriots' Day Holiday: no classes	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 Last day of Spring classes				



# May

2024

College of Nursing & Health Sciences

## Conversation Starters:

Final Exam Anxiety  
Excitement/Apprehension about returning home  
for the summer



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Study Day	2 Final exams begin	3	4
5	6	7	8 Final exams end	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## **Glossary of Terms**

**Academic Advisor** - The purpose of academic advising is to help students reach their educational goals. Advisors are responsible for collaborating with students to ensure that they meet the requirements to graduate with a degree in their field. Our advising team is here to help students stay on track. At UMass Dartmouth, students must consult their academic advisor each semester to enroll in classes.

**Academic Coaching** – Coaches are available to meet with students on a weekly or bi-weekly basis to assist students to understand course material and develop study and test taking skills throughout the semester. Coaching is available for nursing students of all academic abilities, and sessions are tailored to meet the needs of students in specific high-risk courses.

**Add-Drop Deadline** - Time frame when students can drop or add courses to their course load *without* consequences, including incomplete marks on their transcript.

**Blackboard Learning Management System** - Blackboard is the platform UMass Dartmouth uses to host classes. Students will use Blackboard to complete assignments, connect with instructors and check their grades!

*\*Students will not be able to see their courses in Blackboard until the instructor makes it visible. This may not be until the first day of the semester*

**COIN (Corsairs Online Information Network)** - Students manage information such as class schedules and course registration through COIN. [COIN](#) is located in the myUMassD portal.

**Degree Requirements** - Non-negotiable requirements a student must meet to earn a degree.

**Electives** - Classes students choose to fulfill a general education requirement or just because they're interested in a topic outside of their major's core courses.

**Family Educational Rights and Privacy Act of 1976: FERPA** - FERPA guarantees the privacy of a student's educational records. When a student enters college, the access rights to educational records previously held by parents/guardians are now transferred to the student. The FERPA act requires, in most instances, prior consent from the student for disclosure of educational records to third parties (parents/guardians). The consent must be in writing, signed and dated by the student and must specify records to be released, reason for release, and the names of the parties to whom such records shall be released.

[More information: U.S. Department of Education - FERPA](#)

**Handbooks** –the handbooks for Nursing and MLS are available on the CNHS website - <https://www.umassd.edu/nursing/student-handbooks/>

**Office Hours** - Times when a student can meet with their professor to discuss the material being presented in class or other related issues or concerns.

**Office of Student Accessibility Services** - provides a full range of services to students who have different learning abilities. OSA goals are to ensure equal access and full participation for all persons in post-secondary education as outlined by Section 504 of the Rehabilitation Act of 1973.

*Wondering if you qualify for services?*

**UMass Dartmouth uses the Americans with Disabilities Act (ADA) as a guide to define disability.** A condition that substantially limits a major life activity (such as walking, seeing, hearing, speaking, breathing, and learning) and is covered under the ADA makes a student eligible for services from OAS. Services can be provided to students who are deaf or hard of hearing, students with learning disabilities, traumatic brain injuries, chronic health conditions (such as diabetes, epilepsy, HIV/AIDS, psychiatric disabilities, etc.), mobility, visual, speech, and coordination impairments.

Email [access\\_success@umassd.edu](mailto:access_success@umassd.edu)

**Prerequisite** - Courses required to be successfully completed in order to take more advanced courses or apply to a program.

**Professional Advisors** – Professional advisors support students to reach their academic goals while identifying and advocating for their individual needs. All Freshman students in the College of Nursing & Health Sciences (CNHS) will be assigned to a Professional Advisor in the Academic Advising and Support Office.

**Progression in Major** – Students ability to progress in their major is defined by faculty and is different for each major. Please refer to the program handbook (Nursing or MLS) for a complete explanation of the progression policy.

**Progress Reports** – In an effort to improve students’ performance and increase retention through early intervention, progress reports will be provided at weeks 5 and 10 of the academic semester.

**Registration** - The process through which students sign up for their classes each term.

**Academic Advising and Support Office** – Professional Advising Staff assists students in achieving their academic, career, and personal goals and preparing students to grow and succeed both at UMass Dartmouth and beyond. Visit the [website](#) for more information.

**Study Day** - At the end of each Fall and Spring Semester, the day prior to the beginning of the final examination period is designated as a Study Day. Classes do not meet during a Study Day. Students use this day to review for exams, hold study groups or meet with faculty or tutors to review.

**Syllabus** - the guide to a course and what will be expected of a student in the course. Generally, it will include course policies, required texts, and a schedule of assignments. The instructor's contact information is also on the syllabus.

**Tutoring** - The goal of the tutoring program is to provide the resources to help strengthen knowledge and understanding of the material in college classes. It also promotes the processes of active learning, independence, and motivation. UMass Dartmouth STEM Learning Lab has a full staff of tutors for many different subject areas and offers both virtual and in-person tutoring! [Visit the tutoring page](#) to see current availability.

**The University Studies** component of the Engaged Community is defined by a set of required courses in various areas outside of the academic major. These areas are constructed so that students will be exposed to academic experiences that will help them achieve the outcomes in the UMass Dartmouth Commitment to Student Learning.

There are five Clusters in the University Studies Curriculum, and each Cluster has a set of required courses. You can find additional information [here](#).

**Withdraw** - To drop a class after the add/drop grace period. Withdrawing often means receiving a W on your transcript.

# First-Year Issues

It is important for parents to understand the ups and downs attributed to a student's transition to college.

Here are some typical issues faced throughout the first year:



## August/September

- Excitement
- Anxiety about classes, roommates, and a new environment
- Freedom

## October

- Students begin to question whether they made the right choice
- First test grades are returned
- Midterm exams

## November

- Roommate challenges become clear/potential room changes
- Many exams, papers, and projects due before Thanksgiving break
- Excitement/anxiety about going home for their first break

## December

- Fear about preparing for upcoming finals
- Different emotions about going home for the holidays

## January

- “Fresh start”
- Homesickness/excitement for return
- Satisfaction and/or disappointment with Fall term grades

## February

- Depression may occur with the onset of winter weather
- Anxiety about finding housing for the following academic year

## March

- Midterm exam stress
- Concern finding summer employment/activities
- Spring Break plans

## April/May

- Excitement with the arrival of spring
- Final exam anxiety
- Apprehension about returning home for the summer

Remember that your student's transition to college life may be difficult. Reach out in whatever way you can to reassure your student that he or she is in your thoughts.

Here are some tips for parents to use to do just that:

- Send a care package of goodies just because you miss your child and to show your support.
- Do not ask if they are homesick. The first few weeks of school are packed with welcoming activities, decorating residence hall rooms, going to classes, and other social events. This may take the majority of your student's time, and feelings of homesickness may not arise unless asked about it specifically. But trust us; they do miss you!
- Write or e-mail often. Even if your student does not write back immediately, just drop a note to say hi and let them know what's happening at home.
- Ask questions (but not too many). Show your interest in the newest chapter of your student's life.
- Be supportive (but do not smother). Provide a supportive atmosphere for students to learn and grow. If they are not getting straight A's, be supportive and accepting, but encourage them to do their best. Help them evaluate their strengths and weaknesses after every semester to promote a successful college experience.
- Visit (but not too often). Take advantage of weekend events, such as [Family Weekend](#), to give you an excuse to visit your student. Occasional visits will give your student something to look forward to (and an opportunity to squeeze in some shopping for things they need).