

*The
Almost-Everything-You-Need-to-Know
Guide
to
Your College Experience
2010-2011*



*Brought to you by
The Office of Advising, Retention and Assessment*



WELCOME!

In cooperation with the good folks in Student Life, the Office of Advising, Retention, and Assessment has compiled this guide to provide you with some of the basic information you will need to plan for and achieve success during and after your time at UVa-Wise.

Divided into six major sections (Things You Should Definitely Know, Meeting New Challenges & News to Use, Enhancing Your Potential, Charting Your Path to Academic and Professional Success, Course Materials for Seminar 101 & Seminar 102, and Lagniappe: A Little Something Extra), this guide will help you identify, locate, and access the information and services that will help you meet the academic and personal goals you have and will set for yourself.

Meanwhile, welcome to the next great adventure of your life; welcome to UVa-Wise.

Things
You Should
Definitely
Know

KEY DATES FOR FALL 2010

Expedition	Aug. 13
Convocation	Aug. 17
Registration and payment of fees	Aug. 16 - 20
Classes begin	Aug. 18
Students who have not paid will be dropped	Aug. 20
Last day to add a new course	Aug. 23
Labor Day: Classes meet, all offices open	Sept. 6
Last day to drop a first 7-weeks course	Sept. 8
First 7-weeks courses end / Mid-term grades are due	Oct. 8
Fall Break.....	Oct.9 - 17
Second 7-weeks courses begin / First-year students receive mid-term grades	Oct. 18
Last day to drop a course and receive "W" / Last day to add second 7-weeks courses..	Oct. 22
Last day to drop second 7-weeks courses	Oct. 27
Spring registration begins	Nov. 12
Thanksgiving Break	Nov. 24-27
First-year Seminar evaluations to be completed	Dec. 3
Last day of classes	Dec. 3
Reading day	Dec. 4
Final examinations	Dec. 6-10

KEY DATES FOR SPRING 2011

Semester Break ends	Jan. 9
Registration and payment of fees	Jan. 10 - 14
Classes begin	Jan. 11
Students who have not paid will be dropped	Jan. 14
Last day to add a course	Jan. 17
Last day to drop a first 7-weeks course	Jan. 24
First 7-weeks courses end / Mid-term grades are due	March 4
Spring Break	March 5-13
Second 7-weeks courses begin	March 14
Last day to drop a course and receive "W"/Last day to add second 7-weeks courses..	March 18
Last day to drop second 7-weeks courses.....	March 23
Registration for next semester begins	April 1
Last day of classes	May 2
Reading day	May 3
Final examinations	May 4-10
Grades posted	May 11
Graduation	May 14

ACADEMIC POLICIES

Attendance

There is no single thing more important to your academic success than regular class attendance. Many of you might have been told you don't have to attend class in college. That is simply not true. Part of the adjustment from high school to college is assuming the responsibility for managing time and commitments. It is easy to get into the habit of missing classes; but if you do, you will most likely find yourself overwhelmed and way behind.

The college's attendance policy underscores the basic truth that class attendance is essential to your success: **"A student who attends fewer than 50 percent of the lectures or laboratories in a course is not eligible for credit for that course.** Individual instructors may establish more stringent attendance policies" (*The University of Virginia's College at Wise Catalog: 2010-2011* page 44).

Confidentiality

With few exceptions, our students are eighteen or older and legally adults. While you may elect to share any or all of your academic and personal information with your parents, our ability to communicate that information to your parents is restricted by federal privacy laws. Please let your parents know that we are limited in terms of what we can share with them. They can and should expect that our faculty, administration, and staff members will respond courteously to any inquiries about your performance, but they should also be aware that we have a legal responsibility to protect your right to privacy.

Course Load

A normal course load for first-year students is 15-16 semester hours. Provisionally admitted students enroll for 13 -14 semester hours. For your information, an overload is anything greater than 18 hours. To register for more than 18 hours, students whose GPA is a 3.0 or higher may meet with Elizabeth Steele (Crockett Hall 118). Students whose GPA is below 3.0 must obtain the written permission of the Academic Dean to take an overload. First-time freshmen do not take overloads.

Placement

English - Placement in an English class is based on your SAT verbal score and high school English grades. This placement was assigned at the time of your acceptance. During the first week of classes, you will write an essay to confirm your placement. Based on your essay, the department chair *may* adjust your placement.

There are two more things you should know about our composition requirements. First, you must be enrolled in English composition until English 1010 and 1020 or English 1030 has been completed. Second, to drop English 1010, 1020, or 1030 from your schedule, you must obtain the permission of the department chair and Elizabeth Steele (Crockett Hall 118).

Math - Mathematics placement is based primarily on your score on the math placement test, but may include your SAT math score and high school math grades. If you were admitted late or missed summer orientation, you should make arrangements to take the placement test with the chair of the Department of Mathematics and Computer Sciences. Once your placement has been determined, you

should enroll in the appropriate mathematics courses and continue enrollment until the general education requirement of six hours is complete.

There are two more things you should know about math placement. First, placement in Math 0090 is binding; however, if you are placed in any other math class, you may elect to enroll in a class that is one level below your initial placement—but not one that is higher. For example, a student placing in Math 2040 (Calculus I) may elect to enroll in Math 1210 (Pre-calculus II) but would not be eligible to enroll in Math 2050 (Calculus II). Generally, however, we prefer to stick to the placements, which are a pretty good index as to skills. Second, demonstrating a higher level of math competency will be rewarded with credit. If you complete Math 1210, for example, you will receive six hours of math credit and will satisfy the general education requirements for math. Likewise, if you complete Math 2040, you will receive six hours of math credit for 1110 and 1210 as well as the four hours earned in 2040.

Foreign Language - Your placement in a foreign language class is determined by your performance on the appropriate placement test. French and Spanish students with high scores on the placement test will be placed in French 1030 or Spanish 1030, respectively. Other students are placed in French 1010 or Spanish 1010.

These placements are all but sacred. You are not allowed, for instance, to drop from Spanish 1030 to Spanish 1010 until and unless you have attended the 1030 for at least two weeks and have been identified by your instructor as someone who should be reassigned to Spanish 1010 or have gotten the department chair's approval. If the department has determined that you should be in an honors class and you are absolutely opposed to this placement, you may, of course, switch languages. If you have been placed in Spanish 1030, for instance, you may elect instead to enroll in French 1010 or German 1010.

A Final Word about 1030 Sections in English and Foreign Language - The 1030 sections in English and foreign language offer a distinct advantage. If you successfully complete an advanced-placement class in English and/or foreign language, you will earn six hours of credit for the three-hour 1030 class. Thus, these courses are cost effective and can be a way to earn college credit for some of what you have achieved in high school.

Mid-Term Grades/Student Conferences

As a first-year student, you will receive mid-term grades as a measure of your academic progress. It is extremely important that you arrange to meet with your advisor to discuss your mid-term grades prior to the last day to drop a class that semester (a deadline which you will find noted on the "Key Dates" pages at the beginning of this section of your handbook).

The "My UVa-Wise" Student Information Portal

You may access information about campus events and registration as well as your transcripts, schedules, bills, financial aid, and posted grades (and more) on the "My UVa-Wise" Student Information Portal. The campus portal can be found at <http://my.uvawise.edu> online. This site is also linked to the main college web site homepage. Portal access requires an active student email

account username and password. If you have any difficulty accessing your account, please call or visit the HelpDesk (376-4509 or helpdesk@uvawise.edu). You should check the portal often to the

ensure accuracy of your schedule and billing information, and you should always double check any changes to your schedule to be certain that the transaction was completed successfully. Further questions regarding the "My UVa-Wise" portal access should be directed to the Registrar's Office (328-0116) or the Office of Information Technology Helpdesk at (328-4509).

ACADEMIC PROCEDURES

Changing Advisors

Your academic advisor is your seminar instructor. You should know, however, that all students have the right to change advisors. Generally speaking, there are two ways to change advisors. First, you may change your seminar section and thus your advisor, but you may only enroll in a seminar section that is open. Second, you may change advisors by declaring a major. You will need to go to the Advising Center and the Registrar's Office to complete the appropriate form(s) when a seminar change is being requested; see department chairs to complete a declaration of major. Some majors (such as art, nursing, and literature) require an application process.

Registering

Spring schedules are available in early November, and the fall schedules come out in March. As soon as the class schedules become available, you should try to schedule an appointment with your advisor to discuss and plan your schedule. The perfect schedule is rare, but a little planning can go a long, long way.

Once a student is enrolled at the college, his or her registration is done via the portal; and freshmen schedules are processed after those of seniors, juniors, and sophomores. Some classes will fill up very quickly, so you should use the student portal to keep an eye on class availability.

Making Schedule Changes

You may change your schedule by completing a Schedule Action Form, available online and in the Registrar's Office. The last day to add a course comes quickly—generally only a few days after classes begin—however, you usually have half of the semester to drop a course. (See the dates at the beginning of this section of your handbook.)

There are **three** things you need to know about making any changes to your schedule. **First**, you may not

- drop English without the signature of the department chair or the advising coordinator.
- change from French 1030 or Spanish 1030 to French 1010 or Spanish 1010 without the signature of the department chair.

Secondly, in the absence of an advisor and when time is a factor, Elizabeth Steele and Diane Silver (Crockett Hall 118) may sign Schedule Action Forms. After the drop date, you will have to obtain the permission of the Academic Dean to drop a class. Generally speaking, these requests will only be approved in exceptional cases. Requests for special consideration due to illness, family emergencies, etc. should be put in writing.

Finally, while you have great latitude in terms of dropping classes, you need to be mindful of course-load requirements. Twelve hours is a minimum full-time load; and dropping below 12 hours may have serious consequences:

1. It may affect your current financial aid award. Before you change your schedule, check with the Financial Aid Office.
2. It may affect your ability to meet minimum progress standards for continued financial aid. Freshmen, for example, need to complete 12 hours with a 1.8 GPA at the end of the fall semester.
3. It may affect your eligibility for on-campus housing. If you are less than full-time, you must request permission from the Director of Residence Life to continue living on campus. This permission should be secured before you drop below 12 hours.
4. It may affect your eligibility to participate in college athletics. Talk with your coach before you make any changes.

Declaring a Major

You are expected to declare a major by the time you have accumulated 60 hours. This is accomplished electronically by meeting with the chair of the department in which you wish to major.

Withdrawing from the College

An application to withdraw is obtained from the Advising Center in Crockett Hall 118 and must be approved by the advising coordinator. You are permitted to withdraw from the college up to and including the last regular class day. If you withdraw during the last three weeks of classes, you may not be allowed to enroll for the following regular semester without an appeal to the Academic Appeals Committee.

If you do not complete the process to withdraw formally from the college, you will receive a grade of "F" in your classes.

Opening and Using Your E-Mail Account

You should establish your e-mail account within the first weeks of school. This account is important for a number of reasons. To begin with, advisors use college e-mail accounts as one vehicle through which they can communicate with their advisees. In addition, other offices on campus will communicate with you via this account. Also, you will need this account for a variety of other activities—for instance, some instructors will use Blackboard, which accepts only UVa-Wise e-mail addresses. Finally, the Department of Information Technology has created a student listserv that communicates vital and useful information to the entire student body via these e-mail accounts.

UVA-WISE REFERRAL NUMBERS

KIND OF REFERRAL	CONTACT PERSON	EXTENSION
Absences (Reporting)	Elizabeth Steele	0313
Academic Dean	Amelia Harris, Dean	4557
	Linda Ford, Secretary	4636
Academic Status/Placement	Registrar's Office	0116
ADA Coordinator	Narda Porter	0117
Admissions	Misty Stidham	0102
Advising & Retention	Elizabeth Steele	0313
	Diane Silver	4627
	Tammie Hale	0134
Advisor Change	Registrar's Office	0117
Affirmative Action Officer	Stephanie Perry	0240
Athletic Office	Danny Sterling, AD	0206
	Pat Bevins	0206
Baptist Student Center	Jim Collie	328-6208
Bookstore	Sheila Hileman	0210
Business Lab	Betty Humphreys	0182
Campus Police	Steve McCoy	328-2677
Career Services	Breanne Salyer	0126
Catalog	http://www.uvawise.edu/academics/college_catalog	
Certification (Teaching)	Jewell Askins	0163
Classroom Scheduling	Janie Hamilton	0116
	Debra Wharton	4522
Clubs & Organizations	Josh Justice	4514
Counseling	Lelia Bradshaw	1005
	Rachel Rose	4035
Dean of Students	Jewell Worley	1004
Dining Points Added to Cavs Card ...	Cashier's Office	0108
Dining Services/Cafeteria	Brett Lawson	328-5514
Direct Deposit	Francene Meade	0142
E-mail/Internet Account	Help Desk	4509
Emergency Loan/Financial Aid	Bill Wendle	0139/0140
Event Scheduling	Julie Scott	1000
Flyer approval	Slemp Student Center	1000/4513/4514
Greek Life	Josh Justice	4514
Gym/Pool	Pat Bevins	0206
Health Concerns/Nurse	Sheila Cantrell	0193
Health Insurance	Sheila Cantrell	0193
Honor Court	Sandy Huguenin	0120
ID/Cavs Card	Slemp Student Center	4513
Incomplete Grade	Registrar's Office	0117

Intramurals	Chris Davis/Nick Marshall	4513
Instructional Technology.....	Keith Fowlkes	4578
Judicial Board	Jewell Worley.....	1004
Language Lab.....	Help Desk.....	4509
Library.....	Robin Benke.....	0151
Mail/Post Office	Jean Good.....	0209
Maintenance	John Reeves	0196
Media Services/Audio Visual	Randy Gilmer	0312
Newspaper	(Highland Cavalier).....	0212
Outdoor Recreation	Nick Marshall/Chris Davis	4513
Paychecks	Cashier's Office	0108
Post Office	Jean Good.....	0209
Provost's Office.....	Sandy Huguenin.....	0120
.....	Darlene Moore.	0120
Purchasing	Joe Kiser.....	0143
Registrar.....	Sheila Combs	0118
Residence Life.....	Angie Lemke	4517
Scholarships.....	Bill Wendle	0103
State Car	Sandra Adkins	0101
Student Activities	Josh Justice	4514
Student Life	Jewell Worley.....	0214
Student Government Association	SGA Office.....	0213
Student Information Portal	Registrar's Office	0116
Student Support Services	Marcia Mitchell	0177
Textbook Orders	Sheila Hileman.....	0211
Transcripts	Registrar's Office	0117
Travel Reimbursement	Shirley Calton	0111
Tutoring	Whitney Wells.....	0177
Vehicle Parking Fines & Decals	Diane Reeves	0190
Veteran's Affairs	Sharon Stratton.....	0139
Wesley Foundation	Beth Tipton	328-6826
Withdrawals.....	Elizabeth Steele.....	0313
Work Study	John McCarroll	1008
Writing Center	Cyndi Newlon	4551

DEPARTMENT CHAIRS

Business & Economics	David Kendall.....	0284
Communication Studies	Rachel Tighe.....	1089
Education	Jeffrey Cantrell	0186
History & Philosophy.....	Tom Costa.....	4573
Language & Literature	Ken Tiller	4587
Mathematics & Computer Sciences...	Alex Edwards.....	4568
Natural Science.....	Margie Tucker	0224
Nursing	Cathie Collins	0275
Social Sciences	Bryan Hoyt	0320
Visual & Performing Arts	Suzanne Adams-Ramsey	4579

CAMPUS POLICE

Safety at UVa-Wise is everyone's business. Students, faculty and staff are partners with Campus Police in creating an atmosphere that is safe and encourages learning.

The UVa-Wise Police Department consists of eight full-time law enforcement officers, each possessing the same authority as state and municipal officers.

All officers are state-certified through the Department of Criminal Justice Services and have the power to enforce all state and local laws. In addition, each officer continually undergoes training to maintain his/her state certification and professional skills.

UVa-Wise police officers patrol the campus 24 hours a day, every day. Departmental duties include completing crime reports, performing investigations, responding to fire and medical emergencies, maintaining traffic control, as well as the enforcing laws regulating parking, underage drinking, and the use of controlled substances.

The Department maintains a twenty-four hour, seven days per week, constant contact with the college community. The COPS line, 328-COPS (2677), provides immediate access to the officers regardless of the time of day.

To promote crime prevention and safety, the UVa-Wise Police Department offers a variety of programs and services such as:

Campus Patrols - Officers provide patrols of campus grounds and facilities 24 hours per day, 365 days per year.

Campus Transport Service - On-campus transportation is provided to those individuals who have legitimate concerns for their personal safety while on campus. Call the COPS-line at (276) 328-COPS.

Emergency Call Boxes - Emergency call boxes are located on campus and may be activated by pushing a button. The activated call box will automatically notify Campus Police. The caller should give the necessary emergency information to the officer and, if possible, remain at the call box until an officer arrives. Tampering with these units or making false emergency calls is strictly prohibited. Violators will be subject to disciplinary action.

Educational Programming - The Campus Police Department offers a variety of educational programs for the campus community and in the residence halls. Topics include drug and alcohol awareness, crime prevention and safety, internet awareness and safety, personal safety, travel safety, etc. RAD (Rape, Aggression, Defense) courses are also offered for academic credit to female students during the fall and spring semesters.

Operation ID - Participants are given the opportunity to label personal property and valuables brought to campus with hand-held engravers. The Department maintains records of these items.

Semester & Year-End Transports - The Campus Police Department works with the Director of Residence Life to provide transportation assistance for residential students who are leaving campus for semester and/or year-end breaks. This transportation is only provided to students who do not have a vehicle on campus. A shuttle schedule is coordinated to the Tri-Cities Regional Airport and to the Greyhound Station in Bristol, VA. There is a \$25 roundtrip fee required for each transport, and it may be charged to the student's account. Students must provide at least a five day advance notice of their need for transportation.

Siren Alert System & AlertNow - The Siren Alert System is for campus emergency notifications and will only be activated by Campus Police personnel in the event of a dire campus emergency. Both tonal and voice broadcast alert capabilities are available.

The AlertNow phone and email notification is used only in emergency situations, and will provide employees and students with notifications to registered home phone, cell phone, and/or email address. All students should update their phone information in the AlertNow system by visiting the UVa-Wise Portal at <https://my.uvawise.edu> and logging in using your UVa-Wise e-mail ID. (See below for additional information regarding this service.)

Vehicles & Parking - All vehicles parked on campus must be registered with the Campus Police Department and display a valid parking decal. Decals, which are valid for one year (August to August), may be purchased in the Campus Police office for a \$60 annual fee for full-time employees and students; a \$24 annual fee is charged for part-time employees and students.

The UVa-Wise Campus Police Department has taken many steps to ensure your safety on campus. Each of us can improve our own personal safety by being mindful of potential risks to our safety and by taking practical precautions.

AlertNow EMERGENCY NOTIFICATION SYSTEM

In the event of a campus emergency, the college's AlertNow Emergency Notification System will be activated.

As part of the college's emergency preparedness and response plan, the AlertNow emergency notification system may be used to notify students, faculty and staff of a campus emergency via phone.

All students should update their phone information in the AlertNow system by visiting the UVa-Wise Portal at <https://my.uvawise.edu> and logging in using your UVa-Wise e-mail ID and password (the login fields will be on the right side of your screen).

In addition to phone notification, UVa-Wise will use any or all of the following methods to communicate with students, faculty and staff during a campus emergency:

- E-mail (only to uvawise.edu e-mail addresses)
- UVa-Wise Web site (www.uvawise.edu)
- UVa-Wise Emergency Response Web site (www.uvawise.edu/emergency)
- CAV-TV (Comcast Cable Channel 55)
- Campus Siren

For more information, contact Campus Police at 276-328-COPS or College Relations at 276-328-0130.

INCLEMENT WEATHER POLICY

Main UVa-Wise Campus

1. Winter weather in the mountains can often necessitate schedule changes. When severe conditions exist, the decision to alter the class schedule will be made by appropriate administrative offices. An announcement will be made at the earliest possible time on the college's telephone snow hot line **376-4SNO** and on www.uvawise.edu, as well as on area radio and television stations.

2. Given the variability of the weather in the Southwest Virginia mountains, there will be occasions when classes will not be canceled even though conditions on some surrounding areas may make travel hazardous. When weather conditions in the immediate area permit classes to be held, the college will be open on a snow schedule. This decision will be made at the earliest possible time and will be announced on the telephone hot line 376-4SNO and regional television and radio stations. The approved snow schedule for classes is as follows:

M-W-F Classes

<u>Block</u>	<u>Regular Schedule</u>	<u>Snow Schedule</u>
I	8:00 - 9:00	9:30 - 10:20
II	9:00 - 9:50	10:30 - 11:20
III	10:00 - 10:50	11:30 - 12:20
IV	11:00 - 11:50	12:30 - 1:20
V	12:00 - 12:50	1:30 - 2:20
Conv	1:00 - 1:50	<i>Canceled</i>
VI	2:00 - 2:50	2:30 - 3:20
VII	3:00 - 3:50	3:30 - 4:20
VIII	4:00 - 4:50	4:30 - 5:20
IX	5:00 - 5:50	<i>Canceled</i>
X	6:00 - 7:15 (M, W)	6:00 - 7:00
XI	7:30 - 8:45 (M, W)	7:00 - 8:00

T-TH Classes

<u>Block</u>	<u>Regular Schedule</u>	<u>Snow Schedule</u>
XII	8:00 - 9:15	9:30 - 10:30
XIII	9:30 - 10:45	10:45 - 11:45
XIV	11:00 - 12:15	12:00 - 1:00
XV	12:30 - 1:45	1:15 - 2:15
XVI	2:00 - 3:15	2:30 - 3:30
XVII	3:20 - 4:35	3:45 - 4:45
XVIII	4:40 - 5:55	5:00 - 6:00
XIX	6:00 - 7:15	6:00 - 7:00
XX	7:30 - 8:45	7:00 - 8:00

Please note that if classes are on a snow schedule on Monday, Wednesday, or Friday, then the Convocation period is canceled.

Please note that Tuesday and Thursday classes on a snow schedule are only 60 minutes in length.

Student safety is of the utmost importance. When the college is operating on a delayed schedule or during any other severe weather conditions such as flooding, commuter students should use their best judgment about whether it is safe to drive from their homes. Commuter students also should use their best judgment on whether to leave the college early on days when snow begins to fall during the school day.

Commuter students who live outside the Town of Wise corporation limits who are unable to attend class because of inclement weather are allowed to make up any academic work missed in consultation with the appropriate professor. Contact with the professor should occur immediately upon return to class. Residence hall students, including those living in the Townhouse Apartments and students living within the Town of Wise corporation limits are expected to attend classes when the college is operating on a snow schedule and will not be granted excused absences.

Issued by the Provost's Office, November 7, 2000

THE HONOR SYSTEM

(This section was obtained from the *Student Handbook*)

UVa-Wise adopted an Honor System in 1956 under which all students pledge to cooperate in acting honestly and honorably. The Honor System is administered by an Honor Court composed of two representatives from each class. Upper-class representatives are elected by the student body each spring and freshman representatives are elected after the start of the fall semester. It is the job of the Honor Court to enforce the Honor System and to adjudicate violations. The Honor Court office and conference room are located in the Student Leadership Center on the third floor of the Slemp Student Center.

CONSTITUTION

WE, the students of The University of Virginia's College at Wise of the University of Virginia, in order to insure a position of trust among ourselves, faculty, staff and community-at-large, do hereby institute this Honor System at The University of Virginia's College at Wise. It is to be understood that this system is completely student-administered and serves as a vital component of the comprehensive standards of conduct. The Honor System is designed to address inappropriate behavior arising in the academic realm of student life. The University of Virginia's College at Wise Honor System (hereinafter referred to as the Honor System) will be established in accordance with these articles.

ARTICLE I: Purpose

- A. The Honor System of The University of Virginia's College at Wise expects that a student shall act honorably in all phases and relations of student life. It requires honorable behavior in the academic realm. Violations of the Honor System shall include:
 1. LYING: Lying shall include, but is not necessarily limited to, the intentional statement of an untruth made with deliberate intent to mislead another about other than trivial matters. Forgery and willful false testimony shall be considered acts of lying.
 2. CHEATING: Cheating shall include, but is not necessarily limited to, giving aid to any student or receiving aid without the consent of the instructor on tests, quizzes, assignments or examinations.
 3. STEALING: Stealing shall include, but is not necessarily limited to, taking anything of academic value that belongs to another without right or permission. The act of plagiarism is an act of academic stealing and is considered a violation of the Honor System.

- B. The Honor Pledge shall read: I certify on my honor as a student of The University of Virginia's College at Wise that I have neither received nor given aid on the _____.

- C. Ignorance of the above statements and Honor Pledge shall not constitute a defense for a violation of the Honor System.

Meeting
New
Challenges
&
News to Use

Adapted from
“HOW IS COLLEGE DIFFERENT FROM HIGH SCHOOL?”
<<http://www.smu.edu/alec/whyhighschool.html>>

High school is mandatory and free: most things are either arranged for you or require permission from parents or from the office; your schedule fills your day; and parents/teachers remind you of your responsibilities.

High school learning: many students succeed by studying only 2 hours/week or not at all; you may or may not take or use notes in class; you will be reminded of what you need to accomplish; absence is easily made up; teachers and parents take a lot of the initiative in helping students do well.

High school teachers: high school teachers are trained to teach; they present material to help you understand the text; they will write what they want you to know on the board; work is collected and graded; teachers are often available before and after class; they often take the initiative in reminding students about work, offering help, and reviewing material.

High school grades: tests are frequent, announced, and can usually be made up; teachers make it clear what you need to know; mastery of material often means memorization; high school grades can be helped with extra credit work, and you may get points for trying/good faith; in high school, just passing is enough.

College is voluntary and expensive: therefore, your responsibilities are much greater; you must set priorities and accept the consequences of bad decisions; you & your advisor choose your classes; you alone are responsible for your graduation.

College learning: college classes require 2 or 3 hours of work each *day* for each hour spent in class to be successful; lectures and class work are based on the assumption that you have completed homework and the assigned reading, even if it is not graded; absences may not be excused; student success is the student's responsibility.

College instructors: professors are experts in their field; they may lecture nonstop; they assume completion of assignments even if they don't collect or grade them; they may be available only by appointment; they assume students will take the initiative if help is needed.

College grades: tests are infrequent, may not be able to be made up, and students are expected to anticipate content; mastery of material means being able to go beyond memorization and what is said in class; college grades probably don't include extra credit, and your good faith is assumed; in college, you will need a minimum C average or more to graduate, depending on your major.

HOW
TO MAKE THE TRANSITION
TO
COLLEGE

- ✓ Take control of your own education: think of yourself as a scholar.
- ✓ Get to know your professors: they are your single greatest resource.
- ✓ Be assertive: create your own support systems, and seek help when you realize you may need it.
- ✓ Take control of your time: plan ahead to satisfy academic obligations and make room for everything else.
- ✓ Stretch yourself: enroll in at least one course that really challenges you.
- ✓ Make thoughtful decisions: don't take a course just to satisfy a requirement, and don't drop any course too quickly.
- ✓ Think beyond the moment: set goals for the semester, the year, your college career.

NOTE-TAKING STRATEGIES: HOW TO GET YOUR CLASS NOTES INTO SHAPE

<<http://www.collegeboard.com/student/plan/college-success/955.html>>

Getting the most out of high school and college means studying hard and using your time in class wisely. Make the most of your time in class and out with an effective note-taking strategy.

Stay Organized

It may seem obvious, but your class notes can only help you if you can find them. When you're taking notes be sure to

- ✓ Keep all your notes for one class in one place.
- ✓ Date and number pages to keep them in order and make it easier to refer back to them.

Follow (and Adapt) this Four-Part System

Before Class - Review the materials assigned for that class period thoroughly. Bring a list of questions you may have from the reading and be sure to get answers.

During Class - Make the best use of your class time by having a note-taking method. The Cornell Note-Taking System is one that has been proven effective by countless high school and college students.

Start by using the main section of your notebook page to take down your notes during class. Be sure to leave space on the left side of the page and at the bottom.

Things to keep in mind include the following:

- Get the speaker's main points. Don't write down every word you hear.
- Leave blanks in your notes to add explanations later.
- Organize as you write. Pay attention to cues such as repetition and emphasis.
- Indicate main points and supporting points as you go.
- Jot down key vocabulary, important facts, and formulas.
- Ask questions. If you're confused, it's better to ask while the material is fresh in your mind.

After Class - As soon as you can after class, review your notes and fill in any blanks. Underline, highlight, and use symbols to sort through the information. If you don't understand something, get help from your teacher or classmates.

After you've reviewed all your notes from class, in the left-hand area of the page write down key words and questions your teacher might ask on a test.

At the bottom of each page, write a summary of the notes on the page. This helps you digest what you've learned and will improve your memory of the notes in the long term, for tests down the road.

For Review - Once you've done all of the above, you'll find you've created your own personalized study guide. Cover the main section of the page and use the key words and questions in the left margin as a quiz.

Stick to It

Review your notes the day you take them and all your notes once a week, and you'll hardly need to study when tests come around. You've been doing the work all along.

Try out the Cornell system; but if it doesn't work for you, experiment with other methods. Ask your classmates how they take notes or ask a teacher for advice. Taking good notes requires practice, like any other skill. And the more you work at it now, the more prepared you'll be later in college.

FAQs of UVA-WISE STUDENTS

1. What is there to do?

Plenty! The University of Virginia's College at Wise provides students with a number of opportunities to get involved. The college offers varsity and intramural athletics, a student government association, clubs and organizations, student leadership development and training opportunities, movies, concerts, dances, Pro-Art events, comedians, magicians, lectures, and other cultural programming. See the list of clubs and organizations as well as the list of already-slated-for-fall campus activities in the “Enhancing Your Potential” section of this handbook.

2. How do I get involved?

Attend a meeting for a club or organization. Information about meetings are often announced in some classes, posted around campus on bulletin boards or on the Student Message Board on the Student Information Portal, and/or published on the student listserv. Also, check with the Office of Student Affairs. All scheduled meetings are on their official calendar. See Josh Justice, Assistant Director of Student Activities & Greek Life, in the Slemp Center for more information.

3. Where can I go for help?

For *academic support*, you can go to the Tutor Connection (Zehmer Hall), Student Support Services (Zehmer Hall), the Office of Academic Affairs (Smiddy Hall), or the Writing Center (Zehmer Hall). Instructors also are available during office hours to assist you.

For issues related to *health and personal concerns*, the college has two licensed professional counselors and a Registered Nurse available each weekday from 8 am-5 pm; and a Family Nurse Practitioner is available each Monday from 8 am-5 pm during the academic year (Center for Student Development, lower level Cantrell Hall). The Wise Country Health Department also provides services on campus one day per week.

For *career information*, the Career Services (Center for Student Development, lower level Cantrell Hall) provides programs and services to assist you with career planning as early as your freshman year – don’t wait until your senior year to make plans for your career, start now.

For *assistance with advising*, you should see your academic advisors or visit the Advising Center (Crockett Hall 118).

For *financial assistance or information*, the Office of Financial Aid (Crockett Hall) provides information on scholarships, financial aid, and work-study. The Cashier's Office (Crockett Hall) handles payment of fees and tuition.

For information regarding *transcripts and records*, you should visit or call the Registrar's Office (Crockett Hall, 328-0117).

4. Which teachers should I take?

Ask students. Ask your mentor. Opinions about instructors vary, and you need to remember that one student's experience may be significantly different from another's. Faculty members who have been recognized for good teaching over the past few years should be at the top of your list.

5. What courses should I avoid?

Again, ask students and your mentor. They are the ones who have "been there, done that." Do yourself a favor, though, and get more than one opinion.

6. What's the difference between high school and college?

Most freshmen have no idea about what to expect when they come to college, nor do they understand what it takes to succeed in college. The most significant difference between high school and college is that college students are responsible for their own learning. Most students have never had an experience in which they made their own decisions about their academic and/or personal life without the help of a parent or guardian. College provides you with that challenge.

7. Are there attendance policies in college?

Attendance is mandatory in all 1000-level courses. Attendance policies in all other courses are subject to the discretion of the professor. Faculty members report absences to Diane Silver, Academic Counselor, and/or Elizabeth Steele, Director of Advising, Retention, and Assessment. You should know that excessive absences may result in administrative withdrawal from a class or classes or further disciplinary action by the Academic Dean.

Students who are absent due to serious illness or death in the immediate family may be excused, but most faculty will require documentation. Students who miss 50% of a class are not eligible to receive credit for that class. (Consult your instructor and the catalog for additional information.)

8. Will I ever adjust?

Yes, eventually. College is very different from high school—in almost every way possible. It takes time to adjust to a new environment or to get used to living with someone you've never met before. Realize, however, that you are not the only one experiencing these feelings. Talk to other students, advisors, resident assistants, counselors—they can help you sort through it all.

9. How much are teachers willing to help students?

Instructors are very willing to assist you, especially if you make the effort to get help and to attend class regularly. Instructors do not take very kindly to students who miss a lot of class without valid reasons; so if you want them to be available to you, it is a good idea for you to be in class.

10. What do I do for transportation?

There is no shuttle service available on campus; however, the college is within walking distance from the town of Wise. Most students catch rides with other students who have

vehicles. On occasion, transportation is provided for special events. From 8:00 a.m. to 5:00 p.m. Student Health provides transportation to and from local hospitals and medical clinics for emergencies or for students who give that office prior notice of an upcoming appointment. After business hours, campus police will transport students to and from the hospital (or contact the Rescue Squad) for emergencies and, with prior notification, transport students to and from the airport—provided that those students do not have a vehicle registered on campus.

11. How is your GPA figured when you repeat a class?

If you receive an "F" in a course, you may repeat the course; but if you want your new grade to figure into the calculation of your GPA, you must retake the course at UVa-Wise. Whether the new grade is higher or not, it will be used in the computation of your GPA. A student may retake a course twice under this provision; however, any subsequent attempts are counted as semester hours attempted in the computation of the GPA. FYI: If a student receives a "C-" or a "D" in a course, it can only be repeated once, and it must be done at UVa-Wise.

12. How do I use the catalog?

The catalog is your contract with the college. In it are policies governing student life, financial aid, and academics. Your seminar instructor will cover the basics of the catalog during class and will make sure that you understand it and how to use it effectively. It is found online at www.uvawise.edu/academics/

13. Where do I go for counseling?

Counseling Services in the Center for Student Development has two full-time licensed professional counselors – Lelia Bradshaw and Rachel Rose. Ms. Bradshaw and Ms. Rose provide individual and group counseling, referrals, and crisis intervention.

14. Where can I park?

All members of the campus community – employees and students – are required to annually register vehicles and purchase a vehicle decal. There are designated student parking lots for both residential and commuter students. Consult the Campus Police Department's *Vehicle Rule & Regulations* brochure for more information on designated parking locations, applicable policies and other information.

15. What are credit hours?

Credit hours are the number of hours a student spends in class per week. For example, a student taking 15 credit hours will spend approximately 15 total hours in classes each week. The average number of credit hours that students take is 15 - 16.

16. What majors are available?

UVa-Wise offers some thirty majors. You may majors in art, accounting, administration of justice, biology, business administration, chemistry, interdisciplinary studies, computer science, economics, health and physical education, English, environmental science, foreign studies, French, government, history, mathematics, medical technology/clinical laboratory

science, music, nursing, psychology, sociology, software engineering, Spanish, Hispanic Studies, and theatre. You should plan to declare a major by the time you begin your junior year, at the latest.

17. What is the difference between a BA and a BS?

A Bachelor of Arts degree is given to a student who has completed a required course of study with an emphasis in the liberal arts and humanities. A Bachelor of Science degree emphasizes mathematics and the sciences.

18. When is a good time to try to talk to my professor?

If your instructor is not available immediately after a class, he or she can be reached during office hours, which are posted outside of the instructor's door. Some instructors allow students to call them at home. Also, e-mail is an effective way to communicate with instructors who are not readily available. Ask your instructor his/her preference.

19. What is the connection between the Registrar, Admissions, and the Financial Aid Office, and where do I go for what?

The Admissions, Financial Aid, and Registrar's offices are located in Crockett Hall. Students applying for admission to the college can seek assistance through the Admissions Office. Students seeking information on financial aid, scholarships, and work study should go to the Financial Aid Office. Registration for classes, schedule changes, and the acquisition of transcripts occur at the Registrar's Office. Information is available there to declare a major, request permission to transfer a course, etc.

20. What do I do in the event of illness?

Student fees provide for the free services (including an assessment by the R.N. and over-the-counter medications) of a Registered Nurse from Norton Community Hospital each weekday from 8 am until 5 pm in The Center for Student Development as well as a Nurse Practitioner each Monday.

Additional services are available through NCH's Community Physicians Services Corporation. The NCH Emergency Room may be used for emergencies that arise after business hours and on weekends. All charges from these clinics/ER are the responsibility of the student and/or the student's insurance company.

Understand that the on-campus nurse can treat you, but cannot provide a doctor's note excusing you from classes or related activities. We encourage you to obtain documentation from your physician whenever an illness or emergency causes your absence from class. Provide Elizabeth Steele and/or your instructors with any documentation related to your absence, especially if it is prolonged or likely to be repeated. In addition, get in touch with your professor as soon as possible and ask the professor about making up missed assignments. Be advised 1) that individual professors will establish their own requirements and timeframe for make-up work and 2) that absences at the college are excused only on the basis of valid documentation.

21. What do I do in the event of emergency?

Students may contact Campus Police at (276) 328-COPS at any time to report a campus emergency. Residential students may also contact their RA (resident advisor) in their residence hall for assistance in the event of an emergency.

Follow the notification protocol above in #20 in the event that a personal emergency prevents you from attending classes or related activities.

THE BOOKSTORE

Owned and operated by the college and located on the first floor of the Slemple Student Center, the UVa-Wise Bookstore is the official retail outlet for new and used textbooks, as well as study and reference materials for campus classes.

Included in the Bookstore's selection is a mix of clothing; gifts and snacks; plus toiletries and school, office, and computer supplies.

The Bookstore also carries graduation gifts such as diploma frames and an assortment of class rings and announcements available from Balfour.

Additional services offered are on-campus balloon bouquet deliveries, and student campus print card purchases. Special orders are available for items not currently stocked.

The Bookstore accepts cash, personal checks, Visa, MasterCard, Discover, Student Charge, CAVS Card debit, and Bookstore Gift Cards. Visit www.uvawise.edu/bookstore for more information.

Textbooks - Making the transition from high school to college textbooks often results in “sticker shock” for many students. As a first-year student, you should expect to pay around \$400 for their books. This estimate may be considerably higher due to CD-ROMs, study guides, internet pamphlets, etc.

At the end of each semester, a textbook vendor buy-back is offered during the last few days of the exam period. Students should check with the Bookstore for exact dates.

Student Charge - The Student Charge System allows currently enrolled students to charge up to \$500 each semester in the Bookstore. A minimum purchase of \$5.00 is required per transaction. The final date for charges is the Friday prior to break during the fall and spring semesters.

Your entire account balance must be paid by December 1 for the fall semester and April 1 for the spring semester. Any student who fails to pay his/her account balance by the stated dates will have his/her charging privileges revoked and a hold placed on his/her college account. Until the balance is paid in full, all college-related business will be suspended (i.e., course registration).

CAVS Card Debit - Students, faculty, and staff can deposit monies at the Cashier's Office into their CAVS Card declining balance that can be accessed with the CAVS Card (the official college identification card).

These monies can be used in the Bookstore, as well as in campus vending and laundry machines. Please be advised that these monies are considered offline and will be lost if the card is lost/stolen.

Hours - The Bookstore is open weekdays (except for holidays) from 8 am to 5 pm, and is also open at Carl Smith Stadium during each home football game.

CAVS CARD

The CAVS Card is your official UVa-Wise identification card. The Card also functions in a variety of other ways; it is a

- meal plan card,
- library card,
- athletic pass (for all regular-season, home events)
- debit system card (to access monies deposited in a declining-balance account at the Cashier's Office for just-like-cash purchases in the Dining Hall), and
- vending card (to access monies deposited at the Cashier's Office for purchases from campus vending machines, laundry machines, and the Bookstore—these monies are designated “use it or lose it”).

Cards must not be defaced in any way (no decals, punched holes for keyrings, etc.).

There is a \$5 charge for your CAVS Card (or a replacement card), which is made in the 3rd floor Slemp Student Center Office.

Freshman cards are made at COMPASS orientation during Casino Night and are distributed at EXPEDITION check-in in August. Cards expire when a student graduates or is otherwise no longer enrolled at the College.

Debit System - Students, faculty and staff may deposit monies at the Cashier's Office in a prepaid, declining-balance debit account that can be accessed with the CAVS Card. The system allows for purchases in the college cafeteria and Papa Joe's Grill. These monies are protected in the event of a lost/stolen CAVS Card.

Vending System - Students, faculty and staff may purchase items from campus vending and laundry machines using the CAVS Card. A maximum deposit of \$20 (separate from the debit system account) is non-refundable. The actual CAVS Card is required in the Cashier's Office for activation of deposit. These monies are not protected in the event of a lost/stolen CAVS Card.

Deposits - Deposits to the CAVS Card require a CAVS-Card deposit form, along with a check, money order, or credit card information in the mail, or by telephone (credit card deposits only). For more information, call the Cashier's Office at (276) 328-0108.

Housing & Residence Life

The goal of the UVa-Wise Office of Housing and Residence Life is to provide a living and learning environment that is conducive to the growth and development of liberal arts students who seek to become full participants in a democratic society and the world at large. The office strives to involve students in the planning, implementation and evaluation of programs in an effort to provide leadership opportunities.

All UVa-Wise first-year students are required to live in campus housing, unless they are permanent Wise County or City of Norton residents. An appeal process is available for special circumstances. To apply for housing, complete a Housing Agreement and submit a \$150.00 application fee if prior to May 1 (after May 1, the fee is \$250). Ensure that you have read ALL rules and regulations for campus housing as this is a binding contract for an entire academic year; first-year students may not buy out of their housing contracts.

Each residence hall provides students with cable, local telephone (except Commonwealth Hall), and internet/ethernet services. Coin-operated laundry facilities are located in/near all halls. Please note that all residential facilities are tobacco-free.

DINING SERVICES

All residential students are required to purchase a meal plan. Commuting students are encouraged to use either a block plan or the prepaid, declining-balance system at any Dining Services facility.

The new UVa-Wise Dining Commons features a variety of all-you-care-to eat options at every meal, including homemade desserts. Specialty meals/nights also are provided throughout the semester. Examples include outdoor picnics, premium entrée nights (steak & shrimp night, Hawaiian night, etc.), weekly “spirit lifters,” and monthly theme buffets. Dining Services provides carryout/box lunches when class schedules or participation in college-sponsored activities prevent meal plan members from attending scheduled meals. Special meals may also be provided to meet dietary needs as outlined by a physician.

Coyote Jack’s and Mondo Subs in the Slemple Student Center offers a fast-food option, including sandwiches, wraps, burgers, salads, and desserts. Papa Joe’s in the lower-level of the Dining Commons offers sandwiches, pizza, salads and desserts. Books and Brew, in the Wyllie Library, offers an assortment of pastries, specialty coffees as well as regular coffees.

Snacks and refreshments are also provided to meal plan members while studying for final exams each semester.

OFFICE OF COLLEGE RELATIONS

The primary goal of the Office of College Relations is to communicate the value and quality of a UVa-Wise education to a variety of internal and external audiences. The office also provides information about UVa-Wise to the campus family, alumni and friends.

Media Relations

The Office of College Relations works to broaden the College's recognition through media coverage of College programs and events and through interviews with campus experts. As the College's chief contact with local, state and national media, the office develops news releases about upcoming events and about faculty, staff and student achievements.

Publications

The Office of College Relations produces a variety of publications including student recruitment materials, the UVa-Wise Magazine, and other brochures, posters and specialty items used to promote special events.

College Logo and Graphic Identity

A major consideration for all internal and external publications is graphic consistency and correct use of the College's logo and identity elements. Please refer to the UVa-Wise Style Guide for publication policy, editorial style and visual identity guidelines. The Style Guide Primer is a quick reference that features the most important details from the complete guide.

- **UVa-Wise Style Guide (PDF)**
- **UVa-Wise Style Guide Primer (PDF)**

* Note: The Office of College Relations encourages viewers to consult the complete UVa-Wise Style Guide in PDF format without printing, to save money and to be environmentally sound. However, the Style Guide Primer should be printed as a quick reference, if necessary.

Contact:

Kathy Still

Director of News & Media Relations

Faculty Row

Office: (276) 328-0130

Cell: (276) 393-1818

kl57ad@uvawise.edu

For more information, see http://www.uvawise.edu/college_relations/index.html.

Enhancing

Your

Potential

CENTER FOR STUDENT DEVELOPMENT

Comprised of three departments – health, counseling, and career services – the Center for Student Development is dedicated to the overall well-being of students at UVa-Wise. The Center is located on the lower-level of Cantrell Hall.

Health Services

All students enrolled for full-time coursework at UVa-Wise are required to have Pre-Entrance Health Forms and proof of insurance on file in the Health Services Office prior to registration.

All immunizations must also be current. A complete list of required immunizations can be found on the Pre-Entrance Health Form and online. If these are not on file, students may be denied registration.

Student fees provide for the services of **Sheila Cantrell**, a Registered Nurse from Norton Community Hospital, each weekday from 8:00 a.m. – 5:00 p.m. in the Center for Student Development on the first floor of Cantrell Hall. Services here are free to students and include an assessment by the R.N. and the distribution of appropriate over-the-counter medications. Joyce Payne, a family nurse-practitioner provides services each Monday from 8:00 a.m. – 5:00 p.m. Additional services are available through Community Physicians Services Corporation. Their clinics include the Wise Professional Building and Coeburn Communicare. The NCH (Norton Community Hospital) Emergency Room may be used for emergencies that arise after business hours and on weekends. All charges from these clinics and this ER are the responsibility of the student and/or the student's insurance company.

Family planning and counseling services are also provided each Tuesday by the Wise County Health Department in the Center for Student Development. Fees there are based on the student's income. To schedule an appointment, call (276)376-1005.

Counseling Services

UVa-Wise Counseling Services provides free, short-term counseling in a comfortable, confidential setting to students experiencing personal, social, emotional, or educational problems. Licensed counselors **Lelia Bradshaw & Rachel Rose** provide confidential counseling sessions in accordance with the ethical guidelines of the American Counseling Association.

Although students seek counseling for a variety of reasons (including, but not limited to stress, substance abuse, time management, test anxiety, relationship concerns, roommate problems, loneliness, depression, and anxiety), Lelia and Rachel help students focus on personal concerns that may hinder current and/or future learning and personal development. Ultimately, Counseling Services focuses on helping the student better manage the transitions involved in a successful college experience.

Counseling services are available Monday through Friday from 8:00 a.m. – 5:00 p.m. If you would like to schedule an appointment with one of our counselors, please stop by the Center for Student

Development located on the lower level of Cantrell Hall, or call them at (276) 376-1005. In the event of any emergency or crisis situation, please notify this office immediately. If an emergency arises after hours or on weekends, please contact Campus Police at 328-COPS or dial 911.

Career Services

The UVa-Wise Office of Career Services is not just for seniors. The office helps prepare all UVa-Wise students for professional careers and graduate studies by fostering the development of insights, values, ideas, and competencies that will help those students move confidently and deliberately toward the realization of their career goals. The office is dedicated to helping you answer the question, "Where do I go from here?" With that goal, Career Services provides a variety of resources for all UVa-Wise students.

First, all UVa-Wise students have a variety of educational and career planning computer resources available for their use, including Optimal Resume. This program walks you through the entire resume building process using professional layouts which may be customized. Computerized practice tests also are available for the GRE, GMAT, and LSAT.

The Career Services library also contains a variety of research materials, including over 200 books, magazines and videos. Information is available to help you choose a major, research a career, write a resume and prepare for a job interview. Informational videos and graduate school catalogs also are available.

During the academic year, Career Services sponsors several workshops, including an annual career fair. Topics include choosing a major; writing effective resumes and cover letters; job searching, networking, and interviewing strategies; and completing graduate school applications.

In addition, information about full-time, part-time, summer only, and internship opportunities is available both in the office and via the Cavs Career listserve. For more information, you may visit Career Services online.

Finally, all students are encouraged to open a free credential file which contains a resume, letters of reference, test scores, certificates, licenses, and transcripts. For a fee, copies of your placement file will be mailed to potential employers or graduate schools.

Contact Breanne Salyer wisecareers@uvawise.edu, 276-328-0126, or visit with her in Cantrell Hall for more information about UVa-Wise's Career Services. Additional information is also available online.

STUDY-ABROAD OPPORTUNITIES

At UVa-Wise, we believe that studying abroad can and should be a life-changing experience. In addition to earning credits toward a degree, students who study abroad experience new cultures, enhance future job opportunities, and literally broaden their horizons.

Because we believe so firmly in the value of study abroad, UVa-Wise offers a wide variety of programs to allow students to study internationally:

Semester/Year Programs
Short/Summer Programs
Internships & Volunteer Programs
Other Study-Abroad Opportunities

Below are some common questions students have about studying abroad.

Where can I go?

UVa-Wise currently offers study-abroad programs in Spain, Austria, Istanbul, Mexico, and Belgium. We will be adding to our available choices periodically. Additional study-abroad opportunities are available through Academic Programs International (API). This service offers programs in Costa Rica, Poland, Hungary, Ireland, the United Kingdom, Spain, Italy, and Mexico.

How long do study-abroad programs last?

Study-Abroad programs can range from a semester to a year. Also, one-month programs, in which course credits are earned, are available to those who may be hesitant about leaving home for a longer period of time. These trips serve as a great opportunity for engaging the interest of a student, acclimating him/her to the study-abroad process, and offering a short look into what a longer program might provide. Fall and Spring Break trips are also available.

Will the courses transfer?

The UVa-Wise Summer programs are actual UVa-Wise courses in which students earn grades. Other UVa-Wise study-abroad programs will also yield transfer credit.

May I take courses that will count towards my major/minor?

Yes, you may.

Do I need to know a foreign language to study abroad?

Many programs are offered in English, although some do require competency in a foreign language. Be sure to review the information regarding each program carefully to determine if competency in a foreign language is required.

Do I need a certain GPA to participate in these programs?

Yes, you must have a cumulative GPA of 2.75 to study abroad for the semester and year-long programs and a GPA of 2.5 for the summer programs. Select destinations and universities require a GPA of 3.0 or higher.

Are the study-abroad programs expensive?

The average cost of living and studying abroad is the same as the college's current cost-of-living and tuition expenses. The only extraneous expense would be your plane ticket. Other additional expenses might include passport and visa fees and insurance. If you are studying at one of our sister institutions, your tuition is covered by your payment to UVa-Wise. Foreign tuition fees are waived. Living expenses in many foreign countries are actually lower than here in the U.S.

Will I be able to receive financial aid to help with costs?

If you are a full-time student abroad (12-18 credit hours), you are entitled to the same financial aid package you would receive if you were taking courses on campus. Additional scholarships are available to those who demonstrate financial need. Visit the Financial Aid Office located in Crockett Hall to get information on your specific case.

How will my accommodations be arranged?

We are working closely with our partners to help you with all accommodations and lodging. Some programs offer the options of living with a family, living in an apartment with other international students, or living on the campus itself in one of the residence halls. Certain programs include weekend excursions with a U.S. on-site director. Some also include a cell phone to use while studying abroad.

How do I apply for a Study Abroad program?

- Stop by the International Programs Office (Darden Hall)
- Choose a program
- Meet with your academic advisor
- Determine appropriate coursework, equivalent courses abroad
- Complete the Study Abroad Registration and Course Approval Form

If you have additional questions, feel free to visit the International Programs Office (in the prow of Darden Hall), call the office at (328-0287), and/or e-mail **Witold Wolny**, Field Director of International Programs, at ww4p@uvawise.edu.

STUDENT EVENTS & ACTIVITIES

Student Activities

The Office of Student Activities is committed to providing leadership opportunities and sponsoring and supporting programs which enhance a sense of community on campus, foster recognition and appreciation of different cultures, and facilitate and nurture a collective sense of purpose.

The student-led Student Activities Board plans, promotes, and implements a variety of programs designed to meet the needs of a diverse student body, including events such as comedians, magicians, musicians, movies, hypnotists, mentalists, inflatables, midnight breakfasts, and Student-Alumni/Commuter Appreciation Day.

Each semester, a Student Activities Calendar is published and distributed to all students detailing events sponsored by the Office of Student Activities, Intramurals, Outdoor Recreation, Student Government Association and other clubs, organizations and departments across campus. All events sponsored by the Office of Student Activities and Student Activities Board (SAB) are free of charge unless otherwise stated.

Intramurals

The UVa-Wise Office of Intramurals offers students a wide variety of opportunities for both athletic and non-athletic competition. Intramurals offers both major sports (soccer, flag football, water basketball, wallyball, softball, etc.) and single day events (bowling, Wii/Xbox, various card games, slam dunk contests, racquetball, etc.) throughout the academic year. Students and employees of the College are invited to participate and participation is free. Additionally, each winner of either a single day or major sport event receives a free t-shirt! Check out more information online.

Outdoor Recreation

The UVa-Wise Outdoor Recreation program takes advantage of the opportunities afforded by the natural surroundings of Southwest Virginia and the region. The Outdoor Recreation Club provides input for the scheduling of events and trips, and membership is open to all students.

While a variety of events (see online) are scheduled throughout each academic year, Outdoor Rec also has a variety of equipment available for students to check out at no cost and explore the region on their own. Long day hikes are a popular event. Enjoying the natural beauty of our surroundings at local High Knob, Guest River Gorge and its famous Little Stoney Falls, the Breaks Interstate Park, and the Cumberland Falls of Kentucky provide some great exercise, too. Available equipment for check out includes: fishing poles and bait, a bicycle, rock climbing gear, and camping gear (tents, sleeping bags, portable camp stove and lanterns).

Greek Life

The fraternity and sorority life system at UVa-Wise includes seven inter/national Greek organizations – Alpha Sigma Phi, Kappa Sigma, Pi Kappa Phi, and Pi Lambda Phi fraternities and Alpha Sigma Tau, Phi Sigma Sigma and Theta Phi Alpha sororities.

Being a member of the Greek community at UVa-Wise, means more than just wearing letters. It means you are dedicated to sisterhood or brotherhood, academic excellence, community service,

leadership, and campus service. It means you belong to an organization of friends who are there to support, encourage, and travel this journey through UVa-Wise and beyond with you.

Members of the Greek community impact the campus in many different ways. You will find that fraternity and sorority leaders also serve as leaders and members of UVa-Wise clubs and organizations, such as the Student Government Association, Honor Court, cheerleaders, band, Student Activities Board, Residence Hall Association, honor societies, and more.

Collegiate Ministries

Collegiate Ministries seeks to provide and assist with the varied religious activities and opportunities available to UVa-Wise students, as well as provide a place where they can grow mentally, physically, spiritually, and socially.

On campus, we have an active United Methodist Wesley Foundation, Baptist Collegiate Ministry (BCM), Alpha & Omega Campus Outreach, and Catholic Campus Ministry. Each group provides many opportunities for making friends, support, spiritual growth, mission trips, and ministry projects. Wesley Foundation and BCM have buildings adjacent to campus that are available daily for recreation, study, or to just "hang out."

Student Organizations

There are over 60 student organizations at UVa-Wise. These range from athletic clubs to special interest organizations to honor societies to fraternities and sororities. The abbreviated list that appears on the next few pages will help you locate and contact the student leaders and college advisors of these groups. For more information, check out these links:

<http://www.uvawise.edu/studentlife/clubs> and <http://www.uvawise.edu/greeklife/>.

CLUB/ORGANIZATION NAME	PRESIDENT	ADVISOR	ADVISOR
	NAME	NAME	EMAIL
Administration of Justice Club			-
Alpha Phi Omega Service Fraternity	Daniel Sanders	David Chambers	dlc7ah@uvawise.edu
Alpha Sigma Phi Fraternity	Jakob Adams	Richard Galyean	rdg3y@uvawise.edu
Alpha Sigma Tau Sorority	Jessica Cambell	Chris Davis	cdd3s@uvawise.edu
Art Guild	Timothy Golden	Ray Stratton	res5r@uvawise.edu
Assoc.of Computing Machinery (ACM)	Matthew Whitt	Daniel Ray	dar5r@uvawise.edu
Automotive Club	Blake Minter	Randy Wyatt	raw2f@uvawise.edu
Baptist Collegiate Ministries (BCM)	Caleb Vass	Dr. Garrett Sheldon	gws@uvawise.edu
*Cavalier Airsoft Club	Seth Powers	Sgt. Bill Willis	-
Cheerleaders	Kendra Miller	Chelsie Lawson	cml7u@uvawise.edu

Circle K			-
College Freethinkers	Spencer Adams	Tom Goyens	tg2c@uvawise.edu
College Republicans	Ashley Ryan	Gary Stratton	grs6j@uvawise.edu
Collegiate Mus. Educators Nat'l Conf.	John Phillip Martin	Richard Galyean	rdg3y@uvawise.edu
Comics & Animation Intell. Exploration	Brandi Ratliff	Mark Clark	mwc4n@uvawise.edu
Darden Society	Stephanie Lawson	Amelia Harris	ajh7a@uvawise.edu
Environment Club	Spencer Adams	Patrick Withen	pww8y@uvawise.edu
Gamma Sigma Alpha	Megan McCoy	Christopher Davis	cdd3s@uvawise.edu
Gaming Club	Gregory Walker	Christopher Davis	cdd3s@uvawise.edu
*Greenhouse Club	Leanna Robbins	Kevin Jones	kjg3c@uvawise.edu
Habitat for Humanity	Ernest Campbell	Jeff Cantrell	rjc2e@uvawise.edu
Highland Cavalier Newspaper	Allie Robinson	Mike McGill	mtm3b@uvawise.edu
Honor Court	Bryant Gray	Jennifer Wilson	jsw8h@uvawise.edu
Honor Court		Robin Benke	rpb@uvawise.edu
Honor Court		Chris Scalia	cjs2j@uvawise.edu
Interfraternity Council	Robert Middleton	Josh Justice	jvj6e@uvawise.edu
Intramural Advisory Council	Erik Thorson	Nick Marshall	nsm7j@uvawise.edu
Jimson Weed Literary Journal	Ashley Ryan	Gillian Huang Tiller	gch7u@uvawise.edu
		Chris Scalia	cjs2j@uvawise.edu
Kappa Sigma Fraternity	James Foley	Christopher Davis	cdd3s@uvawise.edu
Lambda Pi Eta	Kasi Hubbard	Rachel Tighe	rt3n@uvawise.edu
Marching Highland Cavalier Band	Stacy Collier	Richard Galyean	rdg3y@uvawise.edu
Multicultural Alliance	Ankur Kumar	Sandra Jones	slj3g@uvawise.edu
Nat'l Residence Hall Honorary (NRHH)	Naana Denning	Angela Lemke	aml7u@uvawise.edu
Nat'l Sci Teachers Assoc. (NSTA)	Samantha McNew	Lucian Undreiu	lm8y@uvawise.edu
Order of Omega	Daniel Sanders	Chris Davis	cdd3s@uvawise.edu
Outdoor Recreation Club	Erik Thorson	Nick Marshall	nsm7j@uvawise.edu
Panhellenic Council	Sarah Smith	Christopher Davis	cdd3s@uvawise.edu
Phi Beta Lambda	Toniesha Thompson	Gary Stratton	grs6j@uvawise.edu
Phi Mu Alpha	Brandon Alford	Donnie Sorah	dws4w@uvawise.edu
Phi Sigma Sigma Sorority	Anna Adams	Diane Cornett	dec3g@uvawise.edu
Pi Kappa Phi Fraternity	Ethan Stewart	David Amos	dpa7p@uvawise.edu
Pi Lambda Phi	Christian Meade	Eric Smith	eds9g@uvawise.edu
Pi Sigma Alpha	Michael Bradshaw	Eric Smith	eds9g@uvawise.edu
Pre-Law Society			-

Pre-Professional Club	Rachel Hensley	Margie Tucker	mat5w@uvawise.edu
Psi Chi	Josh Fleenor	Bryan Hoyt	bhh3f@uvawise.edu
Residence Hall Association	Leah Arthur	Angie Lemke	aml7u@uvawise.edu
Rugby Club	Clint Womack	Christopher Davis	cdd3s@uvawise.edu
Sigma Delta Pi	Christopher Bailey	Rut Roman	rer8n@uvawise.edu
Sigma Tau Delta		Marla Weitzman	mlw6v@uvawise.edu
Sigma Zeta	Bryant Gray	Robin Cook Hill	rch5g@uvawise.edu
		Jacob Somervell	jps5a@uvawise.edu
*Socratic Society	Laura Rogers	Eric Smith	eds9g@uvawise.edu
Student Activities Board	Sarah Smith	Josh Justice	jvj6e@uvawise.edu
Student Government Association (SGA)	Stephanie Lawson	Jewell Worley	ljw4k@uvawise.edu
Student Nursing Association	Kendra Hawkins	Rebecca Mullins	rm4d@uvawise.edu
SVEA-Student VA Educ. Assoc.	Chandra Mullins	Sandra Richardson	wfa3z@uvawise.edu
Teammates 4 Life	Mark Dixon		-
Theta Phi Alpha Sorority	Kasi Hubbard	Chelsie Lawson	cml7u@uvawise.edu
Tupos	Samantha Freels	Keith Fowlkes	jkf7e@uvawise.edu
*Ultimate Frisbee Club	Eric Craighead	Nick Marshall	nsm7j@uvawise.edu
Up Til' Dawn	Megan Musick	Diane Silver	dls3wb@uvawise.edu
		Tammie Hale	tlh3t@uvawise.edu
UVa-Wise Ambassadors	n/a	Kristi Longworth	krf2h@uvawise.edu
UVa-Wise Bass Anglers Club	John Lackey	Steve McCoy	slm4u@uvawise.edu
UVa-Wise Young Democrats	James Cooper	Patrick Withen	pww8y@uvawise.edu
Wesley Fellowship	Allie Robinson	Beth Tipton	btipton@uvawise.edu

Student Governance

Student Governance at UVa-Wise is represented through the Campus Judicial Board, the Honor Court (see earlier section), and the Student Government Association. As stated in the Code of Conduct, UVa-Wise is a community of learning, and as such:

Students enrolling in the College assume an obligation to conduct themselves in a manner compatible with the College's function as an educational institution. To fulfill its functions of imparting and gaining knowledge, the College retains the authority to maintain order within the College and exclude those who are disruptive of the educational process.

Campus Judicial Board - The Judicial System of UVa-Wise is designed to support the purpose and mission of the College. A fundamental premise of the system is that students are expected to act responsibly so that each student has the opportunity to grow intellectually, spiritually, physically and socially. The System also is designed to encourage accountability by stressing the relationship inherent between individual action and consequences.

The System is intended to be educational in nature, rather than punitive. Due process is a fundamental ingredient of the system, yet this principle should not be confused with the legal restrictions associated with criminal courts of law. The principles of fairness and reasonableness serve as foundations for the system.

All judicial offenses accumulate during a student's time at the College. Student Judicial records are maintained for a minimum of five academic years or longer in the case of more severe or repeat offenders.

Student Government Association - The Student Government Association represents the student body in matters affecting student life and affairs of the College, promotes and supervises student organizations and activities, and promotes improvement of community conditions. All students enrolled for six or more semester hours are voting members of the SGA.

The branches of the SGA include elected executive board officers, senators representing each class, at-large senators, and an international senator. An historian and an elections commissioner are appointed by the SGA president. The Dean of Students is the designated advisor to the SGA.

Student Handbook - The online Student Handbook provides a full listing of student expectations outlined in the Code of Conduct, as well as constitutions and other information about each of the student governance entities.

Code of Conduct - Students of the College are expected to conduct themselves in a manner befitting a civilized society, both within the College and elsewhere. For student conduct which is outside the jurisdiction of the Honor Court but which tends to discredit or injure the College, the Chancellor is authorized by the President of the University of Virginia to impose such penalty as he may deem

appropriate, including expulsion from the College. This authority has been delegated by the Chancellor to the Vice Chancellor for Administration and the Campus Judicial Board. The College reserves the right to suspend, enforce the withdrawal of, or expel a student who violates the Standards of Conduct. A listing of prohibited conduct is available in the online Student Handbook.

Visit the Student Governance webpage online for more information.

STUDENT ACTIVITIES, GREEK LIFE, AND CLUBS/ORGANIZATIONS FALL 2010 EVENTS

August 2010

August 15th: Comedian Richie Holliday, Cantrell Banquet Hall, 8pm
August 16th: Hypnotist Paul Ramsay, Cantrell Banquet Hall, 8pm
August 17th: Convocation Picnic & Activities Fair, Lawn by the Lake, 11am
August 17th: Big Screen Movie, Lawn by the Lake, Dusk
August 18th: SAB "Free" Giveaway, Jefferson Plaza, 11am~while supplies last
August 18th: Beyond the Wall Poster Sale, Jefferson Lounge, 9am-5pm
August 20th: Welcome Back Dance, Cantrell Banquet Hall, 10pm-2am
August 25th: Free Sno-Cones, Gilliam Sculpture Garden, 11am-2pm
August 28th: Bristol Rhythm & Roots Mini-Festival, Lawn by the Lake, 4pm-10
August 31st: Film Series~Big Screen Movie, Lawn by the Lake, Dusk

September 2010

September 3rd: Film Series, SSC Rhododendron Room, 8pm
September 6th: Open Mic Night, Smith Dining Commons, 8pm
September 13th: Musical Duo Augustine, Smith Dining Commons, 8pm
September 15th: Name That Song Gameshow, Cantrell Banquet Hall, 9pm
September 22nd: Hump Days Event, Totally Tattoos, Jefferson Lounge, 10am-2pm
September 27th: Comedian Jay Black, Cantrell Banquet Hall, 9pm
September 28th: Bucket List Lecture Series, Chapel of All Faiths, 7pm
September 29th: Free Smoothies, Jefferson Lounge/Plaza, 11am-2pm

October 2010

October 4th: Open Mic Night, Smith Dining Commons, 8pm
October 6th: Community Service Project, SSC Atrium, 11am-2pm
October 20th: Bucket List Lecture Series, Chapel of All Faiths, 7pm
October 25th: Comedy Juggler Nick Pike, Cantrell Banquet Hall, 9pm
October 26th: Caramel Dipped Apples, Jefferson Lounge, 11am-2pm
October 27th: Scary on McCrary Big Screen Movie, Lawn by the Lake, Dusk
October 28th: Commuter Students Trick or Treat, Academic Hill
October 29th: Make Your Own Lollipops, Jefferson Lounge, 11am-2pm

November 2010

November 4th: Band Fools & Horses, Cantrell Banquet Hall, 9pm

November 8th: CAVS Have Talent, Annual Talent Show, Cantrell Banquet Hall, 9pm

November 11th: Veteran's Day Celebrations

November 15th: Bucket List Lecture Series, Chapel of All Faiths, 7pm

November 16th: Film Series, SSC Rhododendron Room, 8pm

November 17th: Hump Days Event, Jefferson Lounge, 10am-2pm

November 19th: Film Series, SSC Rhododendron Room, 8pm

November 29th: Human IPOD John Taglieri, Smith Dining Commons, 9pm

December 2010

December 1st: Massage & Relaxation Program, Jefferson Lounge, 10am-4pm

December 2nd: Bucket List Lecture Series, Chapel of All Faiths, 7pm

December 6th: Late Night Breakfast, Smith Dining Commons, 10pm

For more information about Student Activities events and programs, please contact Joshua Justice, Assistant Director of Student Activities & Greek Life, at 376-4514.

Charting
Your Path
to
Academic
&
Professional
Success

GENERAL EDUCATION REQUIREMENTS

The University of Virginia's College at Wise emphasizes both a liberal arts education and a professional (career) education. A liberal arts education is based, in part, on the Jeffersonian tradition and prepares graduates for participation in an open, democratic society, while professional education prepares alumni for careers in a continually changing economy. All students pursuing a baccalaureate degree complete at least 53 semester hours of general education requirements, courses specifically chosen to expose students to a broad array of disciplines and fields of inquiry. Many of the courses which meet the general education requirements are prerequisites for advanced study in the various majors. The general education requirements are as follows:

I. English Composition: 6 semester hours.

This requirement is founded on the notion that good communication skills are among the essential qualities of a well- and liberally-educated individual.

Generally, this requirement is met by ENG 1010-1020; however, you may receive advanced standing credit in English composition by demonstrating sufficient proficiency on an appropriate examination and/or by successful completion of ENG 1030. Full-time students who have not completed ENG 1010-1020 or its equivalent must take the appropriate course in that sequence. Finally, you should be aware that the successful completion of ENG 1010-1020 or 1030 is a prerequisite for taking literature courses.

II. Literature: 3 semester hours.

This requirement exposes you to cultures of other societies. You may select literature options from English courses numbered 2120 through 3260 and literature courses taught by foreign language faculty. Non-literature courses may not be used to satisfy this requirement.

III. Mathematics: 6 semester hours.

The mathematics requirement helps you develop critical problem-solving skills. Your performance on a math-placement test, your major, and/or the mathematics courses you have completed elsewhere will determine the specific courses you will take to satisfy this requirement. Be advised that only one course from MTH 1000, 1010, and 1110 may be used to satisfy the six-hour requirement; an additional course will be necessary if you have one or more of these.

IV. Physical Education: 1 semester hour.

A liberal arts education is, to be sure, focused on the life of the mind, but it also recognizes the profound connection between the body and the mind. For that reason, you will have the opportunity to enroll in classes that will help you develop your physical/athletic skills. To satisfy this requirement, you will select two .5-hour credit courses or one 1-semester-hour credit course from the physical education activity courses.

V. Seminar 1001 and 1002: 1 semester hour, each.

Referred to as Freshman Seminar, this two-semester course is designed to

introduce you to the basics of college life and to help you make a successful transition from high school to college. All regularly admitted first-time freshmen enroll in Seminar 1001 and 1002 during their first year of college. Your Seminar instructor will serve as your advisor during your first year and until you declare a major.

VI. Foreign Language: 6 semester hours.

To extend your communication skills and cultural knowledge beyond your native language and immediate culture, you will complete six hours of (the same) foreign language study. Exemption from this requirement may be made by demonstrating on a placement test a level of proficiency equivalent to one year of college language study and/or by successful completion of a 1030 course.

VII. Western Heritage: 6 semester hours.

This requirement affords you the opportunity to study the heritage of Western Civilization in order to learn how we came to think and act and believe the way we do. You may take six semester hours from one of the approved sequences, or you may take the first half of one sequence and the second half from another sequence. Courses that satisfy this requirement are the following: ENGL 3050 and 3060, HIS 1010 and 1020, PHI 2050 and 2060, POL 1030 and 1040, and VPR 1010 and 1020.

VIII. Natural Science: 8 semester hours.

Studies in the natural sciences foster an understanding of the scientific method and of the scientific representation of the world. To fulfill this requirement, you may select two laboratory science courses from Natural Science, Biology, Chemistry, Physics, Geology, and Astronomy. Please note that you may select courses from two different science areas.

IX. Arts: 3 semester hours.

To develop your basic communication skills in art, music, drama, or dance, you will complete three semester hours of study in the arts. Please note that you may select any combination of three hours to meet this requirement.

X. Humanities: 3 semester hours.

Humanities courses focus on understanding what differentiates individuals and cultures. Three hours of coursework must be completed in French, German, history, Latin, philosophy, religion, Spanish, visual and performing arts, or literature courses (as described in area II above).

XI. Social Science: 9 semester hours.

The social science requirement enables you to explore different ways of understanding human societies. No more than three semester hours may be taken in any one field, with courses to be selected from 1000- and 2000-level courses in economics, political science, psychology, sociology, anthropology, or geography (except GEOG 201). Pol 1010 counts for general ed; Pol 3810 does not.

XII. Cultural Arts Credits:

To satisfy this requirement, you will be asked to attend four cultural activities during your first year at UVa-Wise and four more during your third year for a total of eight cultural activities. Activities that satisfy this requirement include concerts, lectures, readings, films, conference sessions, etc. For up-to-date information and activity listings, see <http://www.uvawise.edu/academicaffairs/culturalactivity.html>.

Please note that a course may not be used to satisfy two of the listed area requirements concurrently.

GENERAL EDUCATION REQUIREMENTS CHECKLIST

English Composition (6 hrs.)			
Course	Hours	Term Completed	Grade
English Literature (3 hrs.)			
Course	Hours	Term Completed	Grade
Mathematics (6 hrs.)			
Course	Hours	Term Completed	Grade
Physical Education (1 hr.)			
Course	Hours	Term Completed	Grade
First-year Seminar (2 hrs.)			
Course	Hours	Term Completed	Grade
Foreign Language (6 hrs. in one language)			
Course	Hours	Term Completed	Grade
Western Heritage (6 hrs.)			
Course	Hours	Term Completed	Grade
Natural Science (8 hrs.)			
Course	Hours	Term Completed	Grade
Arts (3 hrs.)			
Course	Hours	Term Completed	Grade
Humanities (3 hrs.)			
Course	Hours	Term Completed	Grade
Social Sciences (9 hrs. from 3 different areas)			
Course	Hours	Term Completed	Grade
Cultural Activities			
GNE1010 (4)			
GNE1020 (4)			
GNE2000 (Indicates all General Education requirements have been completed)			
Total General Education Hours Required: 53			

SEMESTER BY SEMESTER YEAR BY YEAR

Fall Semester	Spring Semester	Summer (I and II)
1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____	1. _____ 2. _____ 3. _____ 1. _____ 2. _____ 3. _____
Fall Semester	Spring Semester	Summer (I and II)
1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____	1. _____ 2. _____ 3. _____ 1. _____ 2. _____ 3. _____
Fall Semester	Spring Semester	Summer (I and II)
1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____	1. _____ 2. _____ 3. _____ 1. _____ 2. _____ 3. _____
Fall Semester	Spring Semester	Summer (I and II)
1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____	1. _____ 2. _____ 3. _____ 1. _____ 2. _____ 3. _____

Course
Materials
for
Seminar 1001
&
Seminar 1002

Theme for English B

The instructor said,
Go home and write
a page tonight.
And let that page come out of you--
Then, it will be true.
I wonder if it's that simple?
I am twenty-two, colored, born in Winston-Salem.
I went to school there, then Durham, then here
to this college on the hill above Harlem.
I am the only colored student in my class.
The steps from the hill lead down into Harlem
through a park, then I cross St. Nicholas,
Eighth Avenue, Seventh, and I come to the Y,
the Harlem Branch Y, where I take the elevator
up to my room, sit down, and write this page:

It's not easy to know what is true for you or me
at twenty-two, my age. But I guess I'm what
I feel and see and hear, Harlem, I hear you:
hear you, hear me--we two--you, me, talk on this page.
(I hear New York too.) Me--who?
Well, I like to eat, sleep, drink, and be in love.
I like to work, read, learn, and understand life.
I like a pipe for a Christmas present,
or records--Bessie, bop, or Bach.
I guess being colored doesn't make me NOT like
the same things other folks like who are other races.
So will my page be colored that I write?
Being me, it will not be white.
But it will be
a part of you, instructor.
You are white--
yet a part of me, as I am a part of you.
That's American.
Sometimes perhaps you don't want to be a part of me.
Nor do I often want to be a part of you.
But we are, that's true!
As I learn from you,
I guess you learn from me--
although you're older--and white--
and somewhat more free.

This is my page for English B.

By Langston Hughes

1951

http://www.eecs.harvard.edu/~keith/poems/English_B.html

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							

The Writer

by Richard Wilbur

In her room at the prow of the house
Where light breaks, and the windows are tossed with linden,
My daughter is writing a story.

I pause in the stairwell, hearing
From her shut door a commotion of typewriter-keys
Like a chain hauled over a gunwale.

Young as she is, the stuff
Of her life is a great cargo, and some of it heavy:
I wish her a lucky passage.

But now it is she who pauses,
As if to reject my thought and its easy figure.
A stillness greatens, in which

The whole house seems to be thinking,
And then she is at it again with a bunched clamor
Of strokes, and again is silent.

I remember the dazed starling
Which was trapped in that very room, two years ago;
How we stole in, lifted a sash

And retreated, not to affright it;
And how for a helpless hour, through the crack of the door,
We watched the sleek, wild, dark

And iridescent creature
Batter against the brilliance, drop like a glove
To the hard floor, or the desk-top,

And wait then, humped and bloody,
For the wits to try it again; and how our spirits
Rose when, suddenly sure,

It lifted off from a chair-back,
Beating a smooth course for the right window
And clearing the sill of the world.

It is always a matter, my darling,
Of life or death, as I had forgotten. I wish
What I wished you before, but harder.



And the Truth Will Set You Free,

Or

Yes, You Can Calculate Your GPA

“The **grade point average (GPA)** is the number of grade points earned divided by the number of semester hours attempted” (*The University of Virginia’s College at Wise 2010-11 Catalog 57*).

AND

“The number of grade points earned in a course is determined by multiplying the number of semester hours by the point value of the earned grade as shown in the following table:

<u>Letter Grade</u>	<u>Grade Points</u> <u>per Semester Hour</u>
A+	4.0
A Excellent	4.0
A- 3.7	
B+	3.3
B Good	3.0
B-	2.7
C+	2.3
C Average	2.0
C-	1.7
D+	1.3
D Poor	1.0
D-	0.7
F Failure	0.0 (106-07)

So, at the end of your first semester, you could have made a chart similar to this one, listing all your courses, the final grade for each course, and the hour value of each course (hours attempted):

<u>Course</u>	<u>Course Name</u>	<u>GR</u>	<u>Hrs.</u> <u>ATT</u>
ART 3000	Black/White Photography	A	3.00
CHEM 1010	College Chemistry 1	B	3.00
CHEM 1110	College Chemistry Lab 1	B+	1.00
ENGL 3000	How To Read Literature	A-	3.00
SEM 1001	First-Year Seminar	A-	1.00
MATH 1110	Pre-Calculus I	B	3.00
POLS 1030	Western Heritage of Politics	B	3.00
PHYE 2950	ST: Beginning Yoga	CR	.50

Next, to determine the number of grade points earned per course, multiply the hours attempted for each course by the point value of the earned grade for that course:

<u>Course</u>	<u>Course Name</u>	<u>GR</u>	<u>Hrs. ATT</u>	<u>Pt. Value</u>	<u>Gr. Pts. Earned</u>
ART 3000	Black/White Photography	A	3.00	X 4.0	= 12.00
CHEM 1010	College Chemistry 1	B	3.00	X 3.0	= 9.00
CHEM 1110	College Chemistry Lab 1	B+	1.00	X 3.3	= 3.30
ENGL 3000	How To Read Literature	A-	3.00	X 3.7	= 11.10
SEM 1001	First-Year Seminar	A-	1.00	X 3.7	= 3.70
MATH 1110	Pre-Calculus	B	3.00	X 3.0	= 9.00
POLS 1030	Western Heritage of Politics	B	3.00	X 3.0	= 9.00
PHYE 2950	ST: Beginning Yoga	CR	.50	CR	CR

Next, add the total number of grade points earned:

12.00
 9.00
 3.30
 11.10
 3.70
 9.00
+ 9.00
 57.10

Finally, divide the total number of grade points earned by the total number of hours attempted:

$$57.10/17=3.3588235 \text{ or } 3.359$$

That is your GPA.

For next week, calculate your first-semester GPA by filling in the chart below:

<u>Course</u>	<u>Course Name</u>	<u>GR</u>	<u>Hrs. ATT</u>	<u>Pt. Value</u>	<u>Gr. Pts. Earned</u>
---------------	--------------------	-----------	-----------------	------------------	------------------------

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Total= _____

And calculating this equation:

$$(\text{Gr. Pts. Earned}) \text{ _____ } / (\text{Hrs. Att}) \text{ _____ } = (\text{GPA}) \text{ _____ }$$

Words
(For my students)

Words can allege
that “words can’t express....”
They bound over boundaries
free the finite, unlock, defrock,
incinerate, fuse, use, lose, efface, erase,
inter, exhume, raise,
lift, sustain.

They pain.
They often paint—
as spare as space,
as lush as slush.
They choke on talk
and love the rot,
applaud austerity

and will not stop
when tongue is cloven
and ink goes dry.
Even when the brain agrees to die
word enough remains
for goodbye.

~Dan Leidig

Lagniappe:

A

Little

Something

Extra

DESIDERATA

Go placidly amid the noise and haste & remember what peace there may be in silence.

As far as possible without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull & ignorant; they too have their story. Avoid loud & aggressive persons; they are vexations to the spirit.

If you compare yourself with others, you may become vain & bitter; for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees & the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be; and whatever your labors & aspirations, in the noisy confusion of life, keep peace with your soul. With all its sham, drudgery & broken dreams, it is still a beautiful world.

Be careful. Strive to be happy.