

# Campus Life & Activities

## Residence Life

The mission of Residence Life is to create a comprehensive living-learning environment that complements the academic mission of the University. We seek to provide students with a safe, civil, and healthy living experience, and we nurture an inclusive community which balances self-expression with the rights of others. Students will have the opportunity to live with others of differing backgrounds, ideas and values and to participate in a wide range of activities.

Residence hall handbooks and *The Pathfinder*, the University's student handbook (available on-line at [www.frostburg.edu/pathfinder](http://www.frostburg.edu/pathfinder)) provide detailed information about living on campus. Information and handbooks are available by contacting 301.687.4121.

Students must apply for housing online before they will be assigned a room. Housing is assigned to new students on the basis of the date they pay their advanced fee deposit as long as online application is made by **July 1** for the fall semester or **January 15** for the spring semester. The link for applying for housing is [www.welcome-mat.net/frostburg\\_terms](http://www.welcome-mat.net/frostburg_terms) and may also be found on the Residence Life website.

### Residential Options

Each year, Residence Life offers a number of special interest housing options from which to choose. These options bring together students with common interests or goals, and serve to enhance students' adjustment to college life. Listed below are some of the options presently available:

#### First Year Experience Program:

Residence Life Staff in five of the traditional residence halls in our uphill area offer special support and activities for new students in making the transition from high school

to college life. Students have the option of attending frequent in-hall programs which offer information and resources on topics of critical importance to college students. FYE participants benefit from lower staff-student ratios and a heightened sense of community with other new students.

#### S.T.E.M. Program:

Freshmen interested in exploring majors in Science, Technology, Engineering, or Math are welcome to request assignment in S.T.E.M. This program provides a unique opportunity to develop relationships with peers, mentors, and faculty in these disciplines. The community of S.T.E.M. majors benefit from study and tutoring sessions, and enjoy close proximity to Compton Science Center, where many of their classes are held. While specifically for S.T.E.M. majors, Sowers is also part of the FYE Program.

#### bWell:

bWell is a wellness-themed learning community in association with the University's "CHILL" program (Creating Healthy, Informed, Lasting Lifestyles). In promoting the aims of CHILL, programs and other resources are made available to residents in order to support their physical fitness, nutrition, and stress management. In addition, the community has a live-in wellness mentor and provides substance-free housing for its residents.

### Residence Hall Contract

Students living in the residence halls are required to sign a residence hall housing contract as part of their online application for housing. The housing contract applies to the entire academic year. See the Expenses, Financial Aid and Scholarships chapter of this catalog for housing costs.

### Meal Plans

If you live in the residence halls, you must purchase a resident's meal plan. Off-campus students and those living in Edgewood Commons Apartments may also purchase plans.

Meal plans may change each semester and the deadline for selecting plans will be announced before the semester begins.

Once you select a meal plan, that plan will continue unless you notify the University and Student Billing Office by the deadline. If you do not select a plan, the University and Student Billing Office will automatically assign you a meal option. See the Expenses, Financial Aid and Scholarships chapter for meal plan costs.

### Residence Hall Association

Every student living in a residence hall becomes part of a hall council which elects an executive board and floor representatives to the Residence Hall Association. The student representatives develop a budget for spending the hall activity fees, recommend activities and programs, and act as representatives at leadership conferences. For more information, contact the Residence Life Office (301.687.4121).

### Automobile Policy

All currently enrolled students can operate and park their vehicles on campus. On campus students must register their car at the University and Student Billing Office but there is no fee. Students who do not live on campus or who live in Edgewood Commons Apartments must pay a fee when they register their cars in the University and Student Billing Office.



Westminster Residence Hall

## STUDENT SERVICES

# Student Services

Student Services can assist you in achieving your intellectual, social, cultural, career, physical and spiritual goals. We offer counseling, testing, student employment, learning assistance, advising and career services, health services, student activities and many other programs.

Information and regulations pertaining to student life are found in *The Pathfinder* ([www.frostburg.edu/pathfinder](http://www.frostburg.edu/pathfinder)), the Residence Hall handbooks, and other bulletins issued by the University. Contact Student and Educational Services (301.687.4311) for more information about these services.

## Advising and Career Services

The Center for Advising and Career Services serves as a resource hub for students interested in planning and exploring academic majors, experiential activities and career development.

Special advising is provided for new transfer students, undeclared freshmen, sophomores and students seeking a new major. We work collaboratively with faculty, staff and student organizations to access pertinent information and services for students in transition.

Our Center offers a variety of options for career exploration and information gathering. A number of assessment tools, along with personal consultation, are utilized to assist you in making choices about majors, employment, and graduate school programs.

The Center for Advising and Career Services assists you in the development of lifelong learning through meaningful education, planning and experiences that are consistent with your academic, personal and professional goals. The services of the Center include:

- Majors Fair is held every fall. It provides you an opportunity to ask questions of our upperclassmen that are representing their major clubs and organizations.
- Career Expo is held during Homecoming weekend and brings FSU alums back to the campus. The alumni discuss post graduation experiences and how they have made their majors work for them.
- Spring Career and Internship Fair is held in early April. This fair draws regional employers to the campus.
- Education Job Fair is held in April and provides our education majors with the opportunity to interview with numerous school systems throughout the region.
- Advising & transition assistance for:
  - undeclared students
  - transfer students
  - students seeking a new major
- resource library
- alumni networking

- classroom presentations/center workshops/individual sessions
- on-campus recruiting
- employer information sessions
- credential file program
- experiential education such as the Disney College Program, the Washington center and other internships.

(301.687.4403)

## Disability Support Services

The DSS mission is to facilitate equal academic opportunity and enhance functional learning for students with any type of disability. Services include notetakers, taped textbooks and reader services, testing accommodations, and advocacy. Students must present documentation of their disability in order to qualify for services.

(301.687.4483; TTD 301.687.7955)

## Diversity Center

The Diversity Center offers activities, workshops and programs to help **all students** develop an understanding of cultural differences as well as the skills needed to work effectively with individuals from various cultural/ethnic groups. Additionally, the Center staff members serve as allies and advocates for minority students and organizations as they learn to negotiate the University environment. Mentoring, academic monitoring and social adjustment monitoring are also available for students through the Center.

(301.687.4050)

## Learning Assistance Programs

Learning assistance services are available for all students and can help you develop the basic academic and study skills you need to master college courses. Programs for Academic Support and Studies (PASS) provides:

- group and individual tutoring;
- basic skills assessment in mathematics, English and reading for all freshmen;
- study skills assessment and instruction;



- instruction for developmental reading/writing students;
- and developmental mathematics instruction.

(301.687.4441)

## The Tutoring Center

The Tutoring Center promotes academic excellence by providing quality resources and staff that meet the needs of FSU students who want or require additional help with their course work. Center services include:

- individual tutoring;
- group tutoring;
- workshops;
- and in-class presentations.

(301.687.4066)

## Student Support Services

Student Support Services (SSS) is an academic support program entirely funded by the U.S. Department of Education to serve 275 eligible Frostburg State University enrolled students. Eligible students must meet one of the following criteria: first generation college, low-income or documented physical or learning disability. The program's purpose is to help students stay in college until they graduate and to foster an institutional environment supportive of them. Through cooperation and collaborative planning efforts with FSU departments, faculty, and staff, the SSS program provides a comprehensive program of personal and academic services. Some project services include:

- academic advisement, advocacy and monitoring
- personal counseling
- student financial aid assistance
- professional tutoring
- academic success workshops
- educational and cultural event tickets

- assistance in developing educational goals
- career exploration and guidance  
(301.687.4481; FAX 301.687.4671)

## Regional Math/Science Center

The RMSC serves traditionally under-represented high school students from the four westernmost counties in Maryland as well as Baltimore City. The program is designed to help these students develop the skills necessary for entering and succeeding in post-secondary education — specifically in the areas of math and science. Students attend a six-week residential program at FSU as well as an academic year component which includes tutoring and follow-up activities.

For information and an application, call 301.687.4295 or toll-free at 1.800.646.6004 or visit our web site at [www.frostburg.edu/clife/mscenter](http://www.frostburg.edu/clife/mscenter).

## Upward Bound

Upward Bound provides academic and personal development programs for 77 educationally and/or economically disadvantaged high school students in Allegany County. Eligible students attend academic and enrichment programs on the University campus both during the school year and during a six-week residential summer program.

(301.687.4994)

## Veterans Affairs

This office assists anyone eligible for Veterans Administration educational benefits. If you are a new or re-entering student who is or may be eligible for these benefits, please contact Veteran Affairs well in advance of the semester you plan to register and when you anticipate any change in academic status.

(301.687.4409)

## Health Services

- **Required Medical Form:** When you are accepted at the University, you will receive a medical form to be completed and returned to the Brady Health Center. A complete physical examination by your physician is recommended but only required for student athletes.
- **Required Immunization Form:** The University requires all students to be immunized for rubeola, rubella, diphtheria, tetanus and mumps and to have documentation of these immunizations on file in the Brady Health Center prior to registration. Tuberculosis risk assessment is also required. If you were born before 1957,

you are exempt from documentation for mumps, rubeola and rubella.

The immunization requirements are waived for students who are totally enrolled in online programs and do not physically come to the Frostburg campus.

Effective June 1, 2000, the Maryland General Assembly passed a law requiring students enrolled in institutions of higher education in Maryland, who reside in on-campus housing, to be vaccinated against meningococcal disease or, if they choose not to be vaccinated, they must sign a waiver indicating this decision.

- **Health Insurance and Fees:** Currently, there is a \$10 user fee for visits to the health center; there are also some miscellaneous charges for diagnostic tests, immunizations, treatments and prescription medications. Payment may be made at the center by cash, check or Bobcat Express card. Health insurance is strongly recommended. If you do not have health insurance, the University offers an affordable Student Health Plan through United Healthcare Insurance. For information, contact the Brady Health Center at 301.687.4310.
- **Services:** The Health Center is accredited by the AAAHC (Accreditation Association for Ambulatory Health Care). The services of the Health Center are available to all currently enrolled students. The health services program emphasizes prevention of health problems and offers limited direct health services combined with referrals to community health agencies, hospitals and specialists. You can find a list of the services offered by the Health Center in the Brady Health Booklet, *The Pathfinder* (student handbook) and on-line at [www.frostburg.edu/Brady](http://www.frostburg.edu/Brady). Also, a copy of required forms can be downloaded from the above web site.

## Counseling and Psychological Services

The Counseling Service (301.687.4234) offers a variety of counseling and developmental services to students and the University community. The services are accredited by the International Association of Counseling Services and provided by experienced counselors, psychologists and supervised graduate practicum students. There are no fees charged to FSU students.

- **Individual Counseling:** Personal counseling is available to students who may wish to improve their personal or

academic effectiveness, or who may be experiencing personal (relationships, anxiety, adjustment, depression, self-concept, etc.), social, career or academic concerns. Counseling sessions are private and confidential and do not become part of the student's academic record. Psychiatric consultation and evaluation is available through the Counseling or Health Services Offices.

- **Group Counseling and Personal Development:** Counseling groups and developmental programs are available on topics such as depression, stress management, eating concerns, substance abuse and relationships.
- **Consultation and Training:** The Counseling Center staff consults with individuals, student organizations and other groups on helping skills, goal-setting, empathetic listening, team building, crisis prevention and other topics. The staff also offers a variety of training programs for University employees.
- **University Testing Program:** The Counseling Service provides information, applications, and coordinates the administration of a number of tests students need for admission to graduate school or to fulfill professional standards required by states or other agencies. These tests include the Graduate Record Exam, PRAXIS, Law School Admission Test, Medical College Admissions Test, Miller Analogies Test and others.
- **Alcohol/Drug Education Program:** The Counseling Service sponsors an alcohol/drug education resource center (S.A.F.E. Communities Office, 301.687.4761) that provides substance abuse prevention programs and activities.



## STUDENT INVOLVEMENT

# Student Involvement

The Lane University Center- the FSU "Student Union" located in the center of campus—serves as the hub of student activities. Student organization offices, the University Bookstore, a bank, an information center, a lounge, game room, ticket office, meeting rooms, a computer lab, a fitness center, and a food court featuring Taco Bell, Chick-fil-A, Smoke House, a salad station, and Asian cuisine are all located here. The campus community uses the Lane University Center for gathering with friends as well as for attending banquets, concerts, dances, performances, conferences, meetings, and many other events.

Campus activities at the University are largely administered by students with support from the Lane University Center and Office of Student and Community Involvement (301.687.4411). This office can provide you with complete information on all student organizations and activities and on special campus events.

## Student Government Association (SGA)

All students are represented by the two branches of the Student Government Association: the Executive Council and the Senate. The SGA develops and administers student self-government policies, provides many services to students, communicates with faculty and administration and decides how the student activity fees will be spent. Students from all undergraduate classes are encouraged to run for office in SGA and participate in shaping the future of the University. The Student Government Association Office (301.687.4304) can help you to get involved.

## University Programming Council

The University Programming Council (UPC) is a student directed organization that provides a wide range of programs and activities for students and the campus community. UPC's annual activities include:

- Welcome Week, Family Weekend, First Night and Last Night Frostburg each semester and Spring Fest;
- Concerts, dances, comedy shows and

other special events;

- Feature film series, the Live at the Loft! music series, lectures and more.

UPC is always looking for new student leaders to help plan and implement programs. For more information about the University Programming Council and how to get involved, please contact the Director of Student Activities at 301.687.4049 or contact UPC directly at 301.687.4192 or by email at [upc@frostburg.edu](mailto:upc@frostburg.edu).

## Cultural Events

Each year the University sponsors many cultural events in the fine and performing arts. The Cultural Events Series (301.687.3137) presents professional performances throughout the year. Past guests have included GooGoo Dolls, Herbie Hancock, Maroon 5, Sara Bareilles, The Roots, as well as Broadway musicals such as Music Man, Seven Brides for Seven Brothers, Urban Cowboy and Hello Dolly. FSU students receive discount ticket pricing for all CES performances. Opportunities also exist for student internships and employment with CES to assist in the production of the events. A vast array of workshops and educational outreach opportunities with professional performers are also offered throughout the year.

University departments present major theatre productions, numerous music performances, poetry readings, lectures, art shows and other events featuring both students and visiting artists.

## Leadership and Civic Engagement

University students provide over 40,000 hours of service each year. Volunteer work is coordinated through the Office of Leadership & Civic Engagement which sponsors numerous projects.

- READ TO SUCCEED!
- VOICE Program (Volunteer Opportunities in the Community Environment)
- ECHOSTAR Living, Learning, Serving Program
- Winter and spring Alternative Break trips
- Student Center for Volunteerism

If you want more information about volunteer opportunities, call 301.687.4210.

## Black Student Alliance

The Black Student Alliance members work to foster understanding of their culture and heritage in the campus community. The Alliance sponsors programs, events, and activities, provides an office where students can discuss issues and relax, maintains a library, and works collaboratively with other organizations to create a safe and welcoming environment on campus. Call 301.687.7402 for information.

## International Students

International students can receive help in dealing with the Immigration and Naturalization Service, learning about local customs and culture, adjusting to campus life and understanding the U.S. educational system. For advising, programs and further information, please contact the Center for International Education at 301.687.4714.

## Student Publications and Media

Students who want invaluable experience in media can take part in several extracurricular activities. Writers, editors, and artists/designers can join the staffs of two official student publications: *The Bottom Line*, a student newspaper and *Bittersweet*, a literary magazine. Students interested in broadcasting can work at WFWM, the campus radio station. FSU-TV transmits important campus information over Channel 3.



## Department of Athletics

Frostburg State University has one of the finest and most comprehensive varsity sports programs in the country. FSU offers 21 intercollegiate sports; 11 for women, 10 for men. Women's sports include basketball, cross country, field hockey, lacrosse, soccer, softball, swimming, tennis, indoor and outdoor track and field and volleyball. Men compete in baseball, basketball, cross country, football, lacrosse, soccer, swimming, tennis and indoor and outdoor track and field.

Competing in Division III of the National Collegiate Athletic Association (NCAA), Frostburg State University is a member of the Capital Athletic conference (CAC), the Empire 8 conference for football only, and Eastern Collegiate Athletic Conference (ECAC). Frostburg State has won championships in the NCAA, ECAC and CAC. As a member of NCAA Division III, FSU can offer no athletic scholarships. Hundreds of FSU student-athletes have earned All-American honors over the years.



As a result of paying an athletic fee, students are admitted free of charge to home athletic events, have access to recreation facilities and may participate in intramural and club sports. The athletic department administers and funds the intramural and club sports programs at the University. A wide variety of intramural activities are held each year for both men and women.



## University Organizations

If you've got a special hobby or academic interest, join a club to find other people who like the same sort of thing! A partial list of clubs and organizations currently active at FSU follows, but the listing is by no means complete because you can start your own club with some friends and add it to the list. All student organizations register in the Lane University Center Reservations Office (301.687.4411) where you can find information about them.

### Honor Societies

To encourage and recognize student scholarship within disciplines, more than sixteen academic departments at the University sponsor an honor society organization. First-year students may be eligible to join Phi Eta Sigma. In addition, there are special societies for students in the honors program and students studying wildlife.

### Professional Organizations

Over thirty professional organizations can help you learn about and pursue the career you have chosen. These organizations include the Accounting Association, Finance Club, Justice Studies Club, Student Education Association and many others.

### Greek Organizations

Fraternities and sororities have been an integral part of campus life at Frostburg State University since 1931. Today, as in 1931, the Greek system is dedicated to the personal growth and development of students through programs and services that promote the ideals of scholarship, leadership and service. Personal relationships, the opportunity to provide service to the community, leadership development workshops and retreats, involvement in campus life and planned social activities are all important aspects of Greek Life. The combination of these activities

assists in the development of educated citizens and responsible community members.

Students may join one of FSU's 21 recognized fraternities/sororities on campus which offer students opportunities in leadership, community service, philanthropy, scholarship, and social activities.

The Assistant Director of Student Activities at the University (301.687.7398) can provide you with detailed information about these social organizations and membership.

### Religious Organizations

Campus religious organizations—both denominational and ecumenical—have established offices and offer programs to students. During orientation, you may voluntarily complete a form about your religious preferences so that these organizations can provide you with information about their services and about opportunities for worship in the community.

### Special Interest Organizations

Students have many opportunities to join or to create organizations which fit their interests. Students have created clubs and special interest groups in sports, music, computers, politics, the arts and wildlife.

## STUDENT INVOLVEMENT

## Registered Student Organizations

### Major Organizations

Black Student Alliance  
Residence Hall Association  
Student Government Association  
University Programming Council

### Media and Publications

*Bittersweet* (literary magazine)  
*The Bottom Line* (newspaper)  
*The Nemacolin* (yearbook)  
WFWM (radio station)  
Channel 3 – FSU TV

### Honor Societies

Alpha Kappa Delta (sociology)  
Beta Beta Beta (biology)  
Gamma Sigma Upsilon (chemistry)  
Gamma Theta Upsilon (geography)  
Honors Student Association  
Kappa Mu Epsilon (mathematics)  
National Residence Hall Honorary  
Omicron Delta Epsilon (economics)  
Order of Omega (Greek Life)  
Phi Alpha (social work)  
Phi Alpha Theta (history)  
Phi Eta Sigma (first year students)  
Pinnacle (non-traditional students)  
Pi Sigma Alpha (political science)  
Psi Chi (psychology)  
Sigma Beta Delta (business)  
Sigma Delta Pi (Spanish)  
Sigma Tau Delta (English)  
Upsilon Pi Epsilon (computer science)

### Religious

Baptist Student Ministry  
Catholic Campus Ministry  
Fellowship of Christian Athletes  
Hillel at Frostburg State University  
Inter-Varsity Christian Fellowship  
Latter-Day Saint Student Association  
Unified Voices Under God's Dominion  
United Campus Ministry

### Special Interest

3 A.M. Society  
Amnesty International  
Badminton Club  
BURG Peer Education Network  
College Democrats  
Colleges Against Cancer at FSU  
Entrepreneurship Club  
Food Crew  
Frostburg State Cheerleading  
Frostburg Ultimate Club  
FSU Epitome Hip Hop Dance Team  
FSU Police Explorer Post 48  
FSU Sportsman Club  
FSU Triathlon Club

FSU Women's Club Soccer  
FSU Wrestling  
Marching Band  
Maryland Student Legislature  
Moonlight Media Productions  
Music Educators National Conference  
National Society of Black Engineers  
National Society of Leadership & Society  
Paparazzi Perfect Modeling  
Savage Mountain Stage Combat Club  
Student Athlete Advisory Committee  
Student Health Advisory Council  
Students for Women's Issues  
V Day  
Visual Couture

### Community Service

Best Buddies  
Ophelia Project Advisory Council  
Sierra Student Coalition

### Greek Life

#### National Inter-Fraternity Council (NIC)

Delta Chi  
Phi Mu Delta  
Sigma Alpha Epsilon  
Sigma Tau Gamma  
Tau Kappa Epsilon

#### National Panhellenic Conference (NPC)

Alpha Sigma Alpha  
Alpha Sigma Tau  
Delta Zeta

#### National Pan-Hellenic Council (NPHC)

Alpha Phi Alpha  
Iota Phi Theta  
Phi Beta Sigma  
Sigma Gamma Rho  
Kappa Alpha Psi  
Omega Psi Phi

#### National Sorority and Associate Member of NPC

Kappa Beta Gamma

#### National Professional Organizations

Alpha Phi Omega (Co-ed Service Fraternity)  
Delta Sigma Pi (Co-ed Business Fraternity)  
Kappa Pi (Co-ed Art Fraternity)

#### National Professional Music Organizations

Phi Mu Alpha  
Sigma Alpha Iota  
Delta Omicron (Co-ed)

### Academic

Accounting Association  
American Chemical Society

American Choral Directors Association  
American Society of Mechanical Engineers  
Art Club  
Athletic Training Club  
Economics Club  
Frostburg Education Student Association  
Geography Club  
History Club  
International Relations Club  
Marketing Club  
National Broadcasting Society  
Philosophy Club  
Physics & Engineering Club  
Politics, Law & Society Club  
Pre-Professional Medical Society  
Psychology Club  
Recreation Society  
Social Work Alliance  
Society for the Advancement of Management  
Society for Collegiate Journalists  
Society for Human Resource Management  
Spanish Club  
Student Communication Studies Association  
Trombone/Euphonium Society  
Wildlife Society

### Multicultural

African American Studies Society  
African Student Association  
Breaking Through Glass: Bisexuals, Transgenders, Gay Lesbians & Straight Supporters  
Chinese Culture Club  
Latin American Student Association  
National Association for the Advancement of Colored People (NAACP)



The Greek Step Show is one of the highlights of Homecoming Weekend.