Welcome (and Welcome Back) to Frostburg State University!

See What Frostburg Has to Offer at the FSU Block Party!

The FSU Block Party is set for Wednesday, Sept. 4, from 6 to 10 p.m. at Main Street and City Place in downtown Frostburg. Come and see what Frostburg has to offer! The evening will be filled with vendors, food, music, contests, a DJ, giveaways and more.

The event is sponsored by FSU Student Activities and the City of Frostburg Parks and Recreation Department as a way to bring together the campus and city communities and familiarize FSU’s students with the businesses and organizations in Frostburg.

Those braver souls will once again be invited to challenge their pain receptors with the 11th annual Hot Pepper-Eating Contest to be held at 8 p.m.

For info, contact Brian Vought at bvought@frostburgcity.org.

President Ronald Nowaczyk
Cordially Invites
The Frostburg State University Community
To The

STATE OF THE UNIVERSITY ADDRESS

Thursday, Sept. 5, 2019
3:30 p.m.
Pealer Recital Hall
Woodward D. Pealer Performing Arts Center
Coming to CES at FSU this season are, from left, Johnny Peers & the Muttville Comix, Cirque Mei and Ghost-Note.

CES at FSU announces an exciting 2019-20 season of professional performing arts events, including ballet, comedy, circus arts, international dance, jazz, funk and orchestral music. Unless otherwise noted, all performances begin at 7:30 p.m.

The season opens with Johnny Peers & the Muttville Comix in a slapstick performance featuring veteran Ringling Brothers clown Peers, along with an all-star ensemble of rescue dogs. Two family-friendly performances on Saturday, Sept. 14, will take place at 3 and 6 p.m. in Pealer Recital Hall.

Two-time Grammy Award-winning folk musician Dom Flemons will present the Appalachian Festival Capstone Concert on Saturday, Sept. 21, at the Frostburg Palace Theatre, 31 E. Main St. Co-founder of the celebrated folk band the Carolina Chocolate Drops, Flemons is affectionately referred to as “The American Songster,” with a repertoire drawn from nearly 100 years of American folklore, ballads and tunes.

The elite circus artists and acrobats of Cirque Mei arrive from the Hebei Province, China, on Tuesday, Oct. 8, for a dazzling performance in Pealer Recital Hall. The performance includes a spectacular display of acrobatic feats, hoops diving, contortion, foot juggling, ladder balancing and the ever-popular lion dance.

Two-time Grammy-nominated country musician Jo Dee Messina offers an intimate performance Saturday, Oct. 19, in Lane Manicur Hall. Messina, who has sold more than five million albums worldwide, has been honored by the Country Music Association and the Academy of Country Music and is the first female in country music history to have three consecutive chart-topping songs from the same album.

Additional CES productions are as follows:

- The Maryland Symphony Orchestra presenting “The American Symphony,” which features the works of James Kimo Williams, Florence Beatrice Price and Antonín Leopold Dvořák, Sunday, Nov. 17, 3 p.m., Pealer Recital Hall. (The performance will include a flag dedication ceremony conducted by the Vietnam Veterans Association Chapter No. 172.)
- Internationally acclaimed countertenor Terry Barber in “Christmas Presence,” Wednesday, Dec. 4, Pealer Recital Hall
- LIVE! at StarScape performance by Thomas Pandolfi in “Into the Night With Gershwin,” Friday, Feb. 14, 2020, Frostburg Lyric Theatre, 20 E. Main St. (Before the performance, patrons can opt to attend a four-course dinner at The Toasted Goat in the Frostburg Gunter Hotel, 11 W. Main St., at 5 p.m.)
- Quebec’s Cirque FLIP Fabrique in “BLIZZARD,” Tuesday, March 3, Pealer Center Drama Theatre
- The Russian National Ballet in “Don Quixote,” Wednesday, March 11, Pealer Center Drama Theatre
- LIVE! at StarScape performance by Ghost-Note, Friday, March 27, Lane Manicur Hall
- LIVE! at StarScape performance by the Brubeck Brothers Quartet, Friday, April 3, Lane Manicur Hall
- LIVE! at StarScape performance by jazz singer Veronica Swift, Friday, May 1, Lyric Theatre

Tickets, including packages and discounts, are available beginning Monday, Aug. 26. For info, visit CES’ webpage at ces.frostburg.edu or contact the CES box office at 1-866-949-9237 or 301-687-3137. The CES box office, located in the Lane University Center, is open Monday through Friday from 10 a.m. to 4 p.m.

**CES’ On the EDGE Series to Present Another Year of Cutting-Edge Performances**

Malamanya and Crys Matthews will appear in CES’ On the EDGE series.

CES’ 2019-20 On the EDGE series will once again present cutting-edge performers who stretch the boundaries of their art forms. All shows will begin at 7:30 p.m., and aside from the Sept. 26 performance, will take place in Lane Manicur Hall, which features informal table seating, comfortable couch and armchair seating, and food and beverage options.

A free On the EDGE performance of the colorful Minneapolis-based band Malamanya celebrates the spirited rhythms and melodies of Cuba and Latin America. Headed by bandleader Tony Schreiner and Cuban powerhouse vocalist Zsuz Balbin, Malamanya is certain to keep the audience in the mood to dance. The Thursday, Sept. 26, event takes place at the Clock Tower Quad on the FSU campus. Tickets are not required. In the event of rain, this performance will be held in Lane Manicur Hall.
Addional On the EDGE productions will include:

- “Beatbox-sax” musician Derek Brown, **Thursday, Oct. 24**
- Folk singer and songwriter Cry Matthews, **Thursday, Feb. 27**
- Las Vegas quintet The Lique, **Thursday, April 16**

On the EDGE tickets go on sale **Monday, Aug. 26**. Tickets are $15 and may be ordered by visiting [ces.frostburg.edu](http://ces.frostburg.edu) or by calling 1-866-849-9237 or 301-687-3137. Member, military and group discount rates are also available. The box office, located in the Lane University Center, is open Monday through Friday from 10 a.m. to 4 p.m.

**FSU Department of Theatre and Dance Presents Journey Through Time for 2019-20 Season**

FSU’s Department of Theatre and Dance will take the audience on a journey through time for its 2019-20 season lineup, traveling from the Civil Rights movement of the Deep South to the hilarious music halls of the Victorian era, then from the conclusion of the Civil War to the brink of World War II. With four stage productions and an originally choreographed student dance concert, this year’s series promises to bring the full range of the joys and sorrows, love, intrigue and action of history to the stage.

The season kicks off with “Alabama Story,” based on true events in 1959 Alabama, when a children’s picture book about a white rabbit who marries a black rabbit sparks a fiery standoff between a segregationist, Sen. E.W. Higgins (inspired by Sen. E.O. Eddins), and Emily Wheelock Reed, the principled state librarian. Reed made international headlines when she defended “The Rabbits’ Wedding,” a picture book by Garth Williams, best known for his artwork for the “Little House” series and “Charlotte’s Web.” This year marks the 60th anniversary of a tale of social justice that explores romance, courtroom drama, loyalty and history. Performances, directed by **Maizy Yost-Rushton**, will take place in the Pealer Center’s Drama Theatre at 7:30 p.m. on **Friday and Saturday, Oct. 11 and 12**, and **Thursday through Saturday, Oct. 17 to 19**, with a 2 p.m. matinee on **Oct. 12**.

Next, FSU’s Department of Theatre and Dance will present its family-friendly production of “Dear Edwina,” a one-hour musical about a young girl, Edwina Spoonapple, who gives her neighborhood friends and family advice. She has the answers to all your worries – manners, making friends … even horrible party guests. Edwina leads her neighborhood friends in a weekly show to respond to her letter-writers with songs and dances for every concern. This week is extra special – it’s her chance to join the Kalamazoo Advice-a-Palooza Festival, which is going to be the best show yet! Performances will be held on **Friday, Nov. 1**, at **7:30 p.m. and Saturday, Nov. 2**, at 2 p.m. in Pealer Recital Hall. Directed by Yost-Rushton, from the book by Marcy Heisler, with lyrics by Heisler and music by Zina Goldrich, “Dear Edwina” is a joyful production for all ages.

This year’s holiday production will offer a quick-change, cross-dressing version of the Charles Dickens’ classic, “A Christmas Carol.” The play begins as the Royal Music Hall Variety Players are ready to put on their production, but there’s just one little problem: only three of the cast members escaped the food poisoning of last night’s party. Nevertheless, this brave trio will soldier on, missing cues, reinventing costumes and trying to decide who will play Tiny Tim. The result is a hilarious night of bad puns, bawdy malapropisms, naughty double entendres and witty songs. Come for an evening of holiday drinks, food and lots of laughs. This play is not suitable for young children. Directed by **Darrell Rushton**, performances will be at the Lyric Theatre, 20 E. Main St. in Frostburg, at 7:30 p.m. **Thursday through Saturday, Dec. 5 to 7**, with a matinee on **Sunday, Dec. 8**, at 2 p.m. Food and drink will be available through Chartwell’s.

In the spring, the Department of Theatre and Dance will present Playwright Matthew Lopez’s first work, “The Whipping Man,” which examines a vital, bittersweet human rights movement of the Deep South to the hilarious music halls of the Victorian era, then from the conclusion of the Civil War to the brink of World War II. With four stage productions and an originally choreographed student dance concert, this year’s series promises to bring the full range of the joys and sorrows, love, intrigue and action of history to the stage.

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The annual Spring Dance Concert features a montage of dance styles that celebrate the art and passion of human movement through memorable music and visually exquisite lighting, all created by the emerging young artists of the FSU Dance Company. This year the event will be held **Friday and Saturday, April 17 and 18**, at 7:30 p.m. in the Drama Theatre.

The 2019-20 season wraps up with the fast-paced comedy, “Martin and Margaret and the M.I.N.D.S.W.A.P.,” by Mike Long and Amaaree Cluff. On the brink of World War II, a genius professor invents the ultimate spy device, a machine that swaps minds. The Nazis want this wonder, but two American heroes are fighting to keep it – and its inventor – out of their hands. In the process, everyone is literally losing their minds and becoming someone else. This family-friendly comedy full of chase scenes, mistaken identities and the chaos that can only come from a mad-scientist-inspired, brain-swapping machine! Performances, directed by Rushton, will take place in the Drama Theatre on **Friday and Saturday, May 1 and 2**, and **Thursday through Saturday, May 7 to 9**, at 7:30 p.m., with a matinee on **May 2** at 2 p.m.

Season subscriptions are available until **Saturday, Oct. 12**. For $60, Season Subscribers receive discounted tickets to five shows, as well as reserved seats for all performances. Individual tickets are $15 for general admission, $12 for FSU employees and seniors, and $7 for students; all tickets for “Dear Edwina” are $7.

For info, call the Theatre and Dance box office at 301-687-7462, Monday through Friday, 9:30 a.m. to 12:30 p.m. and 1:30 to 3 p.m.
Music

Dr. Jay DeWire to Perform Works by Chopin, Debussy and Scriabin in Faculty Artist Series Concert

FSU’s Department of Music will kick off the fall semester with a Faculty Artist Series concert by pianist Dr. Jay DeWire on Sunday, Sept. 8, at 3 p.m. in Pealer Recital Hall. The recital, titled "From Dawn to Dusk: Early and Late Works by Chopin, Debussy and Scriabin," is free and open to the public.

Chopin, Debussy and Scriabin were three of the most eloquent composers of piano music, but their stylistic trajectories differed. While Chopin refined his expressive powers as he matured, Debussy and Scriabin, who originally composed in a heavily Chopin-influenced manner, made striking changes to their musical language. This program juxtaposes early and late works by these three composers, showing their individual development and the interconnections of genre and reference they share.

For info, contact FSU’s Department of Music at 301-687-4109.

Visual Arts

John Lyon Paul’s ‘Spun From Light’ Exhibit to Appear at Roper Gallery

FSU’s Department of Visual Arts will kick off the academic year with an exhibit by sculptor and painter John Lyon Paul, “Spun From Light, Woven in Silence.” The opening reception will be Friday, Sept. 6, from 7 to 9 p.m. in the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. The exhibit will be on display through Sunday, Sept. 22. This event is free and open to the public.

Paul’s color-filled paintings are a unique expression of color painted on plate glass or clear Mylar. His technique lays the color down “in reverse” so that the layer painted first – even if painted over later – is what the viewer sees on the other side of the glass. Light travels through the painting, illuminating the artwork from behind and within.

Paul began creating his artwork during the same time that he began meditating, resulting in a pivotal connection between spirituality and his art. Reminiscent of stained-glass windows in churches, the spiritual nature of Paul’s work reflects an empathy and concern for his fellow human beings, instead of traditional religious expression.

The Roper Gallery is open from 1 to 4 p.m. Sundays through Wednesdays. For info, contact the Department of Visual Arts at 301-687-4797.

Points of Pride

Karalewitz Given FSU President’s Distinguished Staff Award and Honored With USM Board of Regents Staff Award

FSU President Ronald Nowaczyk presented the President’s Distinguished Staff Award to Bridgette Karalewitz at May’s commencement ceremony.

Bridgette Karalewitz, administrative assistant for Student Support Services at FSU, has been selected as the 2019 recipient of the President’s Distinguished Staff Award, which was presented during FSU’s 154th Commencement Ceremony. In addition, she has been selected as the 2019 recipient of the University System of Maryland Board of Regents Staff Award, the highest honor bestowed on staff members by USM.

The President’s Distinguished Staff Award recognizes a staff member who has provided exceptional service to the University and has helped to advance its mission, goals and priorities. FSU awards the President’s Distinguished Staff Award in recognition of the countless ways that staff support Frostburg’s excellence.

Presented to staff employees who have demonstrated excellence beyond the scope of their full-time professional responsibilities, the Board of Regents Staff Award is based on the quality of the nominee’s work within his or her institution, community or surrounding environment.

Aware of the needs of students and often meeting those needs on her own, Karalewitz recognized the growing issue of food insecurity among college students long before it gained national attention. Partnering with the FSU Student Lions Club, Karalewitz formed a committee of students, faculty and administrators to help establish PAWS Pantry, a campus food pantry serving all students.

Involved in every aspect of PAWS Pantry, Karalewitz conducted research on the issue of food inadequacies on campus and developed the policies and procedures to put the pantry in place. She led a workgroup to secure a location, secure funding for a part-time AmeriCorps member and collected food items and monetary donations to stock the pantry.
Operating since November 2018, PAWS Pantry receives up to 2,000 pounds of food every month from the Maryland Food Bank in addition to numerous food drives on and off campus.

**FSU’s Beth Smolko Elected President-Elect of AAPA**

Dr. Beth Smolko, director of the FSU Physician Assistant Program, has been elected as the president-elect of the American Academy of Physician Assistants (AAPA).

Founded in 1968, AAPA is the national professional society of physician assistants in the U.S. advocating and educating on behalf of the profession and patients served.

Smolko began her three-year tenure as president-elect on July 1.

The PA program, a Master of Medical Science in Physician Assistant Studies, is offered through the University System of Maryland at Hagerstown. The first classes for the initial group of 25 students began in May.

PAs are medical professionals who practice in every medical setting and diagnose illness, develop and manage treatment plans, prescribe medications and increasingly serve as a patient’s principal healthcare provider.

For info about FSU’s PA Program, visit [www.frostburg.edu/PA](http://www.frostburg.edu/PA).

**Andy Duncan’s New Novelette Featured in Science Fiction Magazine**


**Take Note**

**FSU Accepted Into NCAA Division II Membership Process**

The National Collegiate Athletic Association (NCAA) announced on July 12 that FSU has officially been accepted to begin the Division II membership process, capping a 41-year run as a member of Division III.

FSU and its 21 varsity programs will join the Mountain East Conference (MEC) for the 2019-20 athletic year after accepting a membership invitation to join the league last July.

FSU is now just the second Division II member in the state of Maryland, joining Bowie State University.

The Bobcats currently sponsor 18 of MEC’s 20 championship sports with eight men’s sports (baseball, basketball, cross country, football, outdoor track and field, soccer, swimming and tennis) and nine women’s sports (acrobatics & tumbling, basketball, cross country, lacrosse, outdoor track and field, soccer, softball, swimming, tennis and volleyball). FSU recently announced Acrobatics & Tumbling as its 22nd varsity sport, starting in the fall of 2020 and competing in the spring of 2021.

In December, FSU also announced that it will become an associate member of the East Coast Conference in the sport of men’s lacrosse and will begin competition in the spring of 2020. FSU’s field hockey team will compete as an independent in the fall of 2019, while conference affiliations continue to be explored.


**Surprise Posthumous Gift One of Largest in FSU’s History**

James A. Jeffries in his winter home of San Miguel de Allende, Mexico

When James A. Jeffries, a diligently private man who divided his time between traveling the world and his Frostburg hometown, passed away on June 6 at 91, he left one final surprise: a gift to the FSU Foundation of nearly $1.5 million, one of the largest gifts FSU has ever received.

It was a stunning, but welcome, development.

Jeffries was a regular and generous supporter of WFWM, FSU’s public, NPR-affiliated radio station, but officials from the FSU Foundation had otherwise no contact with Jeffries.

That’s how he would have wanted it, according to those few close friends who understood how much he prized his privacy.

Jeffries’ friends say he was a brilliant man, a globetrotter fluent in five languages who grew up and lived just blocks from the University.
Two of his interests led to his adventure overseas. Jeffries was an aviation buff who had kept a small Cessna airplane at Cumberland Airport in the 1950s. He was also a prolific photographer who made space for a private darkroom, slide projector and pull-down projection screen in his home.

Immediately after World War II ended in Europe, then-19-year-old Jeffries packed his camera and crossed the Atlantic to backpack through Europe, shooting pictures of downed and abandoned warplanes.

Jeffries’ lifelong travels took him to nearly every country on earth.

Even late in his life, Jeffries maintained an international “snow-birder” pattern. Starting each June, Jeffries spent his summer in Davos, Switzerland. Then each November, 60 days after returning home from Switzerland, he traveled to San Miguel de Allende, Mexico, for the winter. It was a pattern Jeffries maintained until this spring, not long before his death, when he cut his Mexico trip short.

With his generous final gift to FSU, it appears that he cared deeply about the many college students just a few blocks from his home of 90-plus years.


FSU Tennis Center Court Dedicated in Memory of Coach Athey

Family and friends of the late tennis coach Lonnie Athey dedicated the Center Court of FSU’s newly refurbished campus tennis facility in his memory. From left are his mother, Dixie Athey, sister Lee Ann Yenchenko, friend and former student-athlete Chip Carr, widow Paula Athey, son-in-law Brandon Harr and daughters Katie Athey Harr and Natalie Athey.

Friends, family and former players of the late FSU tennis coach Lonnie D. Athey gathered this spring to dedicate the Center Court of the newly refurbished campus tennis facility in his honor.

Athey, who passed away in 2006, coached the FSU men’s team from 1989 to 2001, and the women’s team from 1997 to 2001. The men’s team had a 123-55 record during Athey’s tenure, including an undefeated season in 2001. He was named Allegheny Mountain Collegiate Conference Coach of the Year in 2000 and 2001. Chip Carr, a member of Athey’s team whose generosity made the dedication possible; Athey’s widow, Paula Athey; and other members of the Athey family cut the ribbon and unveiled the sign marking the courts.

Athey’s wife and daughters emphasized how much he cared for his players, caring for their development as an individual as well as an athlete. The relationships that he built continued for many years, they said.


FSU Rededicates John Leake Hall of Fame Room

FSU recently rededicated a space in the Cordts PE Center in honor of John Leake, a coal miner who became a member of the House of Delegates and played a crucial role in the establishment of State Normal School No. 2 at Frostburg.

More than 35 members of Leake’s family were in attendance at the rededication of the John Leake Hall of Fame Room, including several great-grandchildren.

In 1898, it was Leake who introduced to the House a bill to establish State Normal School No. 2 at Frostburg. This bill failed, so Leake then added an amendment to the Appropriations Bill during that same session, which finally assured that the school would be built.

GEPRC Attends Institute, Reviews FSU’s GEP

This summer, members of FSU’s General Education Program Review Committee attended the Institute on General Education and Assessment sponsored by the Association of American Colleges and Universities. Dr. Sally Boniece (History), Arlene Cash (vice president for Enrollment Management), Dr. Justin Dunmyre (Math), Dr. Michael Mathias (interim associate provost) and Dr. Suranjana Nabor-Bhaduri (Economics) participated in the week-long institute at the University of Vermont. The institute provides campus teams with opportunities to refine and advance general education programs and their assessment.

GEPRC is facilitating a process to review and re-envision FSU’s GEP. This fall semester, work will focus on developing learning goals and outcomes for a re-envisioned GEP. The campus community is encouraged to participate in the re-envisioning initiative.

Information about the project is available on the General Education Program Review course site on Canvas, which is accessible to members of the campus community. For info, contact Boniece at sboniece@frostburg.edu or Mathias at mbmathias@frostburg.edu.
Check Out FSU’s Honors Program!

Be sure to check out FSU’s Honors Program on Facebook at facebook.com/honors.frostburg and Instagram at frostburg_honors.

Visual Arts Offers Community Course in Basic Ceramics

FSU’s Department of Visual Arts will offer a non-credit community course in basic ceramics this fall. The class will be held on Tuesdays from Aug. 27 to Oct. 15 from 6 to 9 p.m. in room 107 of FSU’s Fine Arts Building.

This eight-week course will provide an introduction to the basic ceramic processes, including hand-building and the pottery wheel. The course will be taught by local ceramic artists Bobby Croft and Alexis Thorner.

The cost is $180, plus the cost of clay. Tools are provided. Work pickup will take place Oct. 22. Students under the age of 18 must be accompanied by an adult who is also registered for the class.

For info, contact FSU’s Department of Visual Arts at 301-687-4797 or email Jacqueline Brown at jbrown@frostburg.edu.

FSU-TV3

FSU-TV3 Has Its Own Cable Channel!

Did you know FSU has its own cable channel? FSU-TV3 is available on Comcast channel 3 on campus and in Frostburg, Mount Savage and Lonaconing. The channel offers a variety of programming, so tune in to see what’s on!

For programming information, log on to https://www.frostburg.edu/fsu-tv3/index.php. Click on Programming to see the Schedule, On Demand Programming offered or Information about FSU-TV3 programming.


New Series

Last semester FSU-TV3 was in production for two new series, “Western Maryland Today” and “Interfaith Roundtable.” See these episodes and more at: https://www.frostburg.edu/fsu-tv3/programming-information/programming.php.

Study Abroad

Where in the World Would You Like to Study Abroad?

Brady Gaumer in Germany – Intersession 2019

FSU students have the opportunity to study abroad all over the world.

Financial aid can be used for overseas experiences during the fall and spring semesters.

Exchange programs are available that allow students to pay FSU tuition prices.

For info, contact Kara Hotchkiss at 301-687-4747 or kjhotchkiss@frostburg.edu.

Berlin Study Abroad Experience to Be Offered Next Spring

FSU’s Department of Sociology and the Women’s Studies Program will offer a study abroad opportunity, “Berlin: The City Experience,” next spring from Saturday, March 14, through Friday, March 20 (dates subject to change). This event, which is open to all FSU students, will be led by Dr. Jennifer Earles.

Berlin’s storied past is firmly embedded in a vibrant contemporary culture. Stand in the Nazi headquarters one moment, and navigate the city’s eco-friendly infrastructure the next. Since the fall of the Berlin Wall, this city has evolved into one of the most eclectic, exciting and multicultural communities in Europe. Discover the many ways to contemplate the past, enjoy the present and dream of the future.

This trip is being held in conjunction with SOCI 490/WMST 490 Gender and the City, a 3-credit course in which students will explore how gendered power relations shape urban spaces and who benefits from the opportunities and pleasure of urban life. The course will be offered during the spring 2020 semester with Earles. Students will travel abroad during spring break.
For info, contact Kara Hotchkiss at 301-687-4714 or kjhotchkiss@frostburg.edu.

Study Abroad in Spain, France and Italy During Spring Break 2020

Join the Study Abroad trip to Spain, France and Italy during Spring Break 2020 and visit Barcelona, the French Riviera, Nice, Cinque Terre, Pisa and Florence!

The nine-day trip in March 2020 will be led by Dr. Greg Wood and Dr. Heather Cisneros. The trip is supported by EF Tours.

The trip is for Honors Program students as well as general education students.

Study abroad scholarships and other sources of funding are available.

For info, visit Wood in the Fuller House or email him at gwood@frostburg.edu.

FSU Events Calendar

For info on FSU events, go to http://events.frostburg.edu/calendar.

Questions? Call 301-687-4411. All information is subject to change.

Note: FSU is committed to making all of its programs, services and activities accessible to persons with disabilities. To request accommodations through the ADA Compliance Office, call 301-687-4102 or use a Voice Relay Operator at 1-800-735-2258.

Tips to Help You Stay on the Right Track in College

Go to class.

Get to know your professors and seek out your advisor if you need help.

Actively develop the habit of working ahead.

Try the Pomodoro method:

Using a timer and a piece of paper, commit to working for 25 minutes before taking a break for 5.

The cycles repeat four times until you take a longer break.

Read the syllabus and put important dates on your calendar immediately.

VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2023

CORE VALUES

- Frostburg State University is a place where every student can experience a myriad of opportunities both in and out of the classroom, fostered by a sense of inclusion and close mentoring relationships with faculty and staff.

- Frostburg State University is committed to developing cultural competence and cultivating understanding of and respect for a diversity of experiences and world views that encourage each person’s ability to “take the perspective of the other.”

- Frostburg State University is committed to a system of shared governance that allows faculty, staff and students to learn about the issues the University confronts and that provides a structure for meaningful input into University decisions.

OUR VISION FOR FROSTBURG STATE UNIVERSITY IN 2023

Frostburg State University is a regionally acclaimed and nationally recognized academic institution that provides distinctive programs to support state and regional workforce needs. Faculty, staff and students foster collaboration in a welcoming and inclusive campus culture.

Students value the opportunities open for them at FSU and form close mentoring relationships with faculty and staff, who are committed to their success and well-being. Students apply knowledge and skills learned in the classroom to internship, civic engagement, study abroad and research experiences to meet the challenges of a complex and changing global society.

The University is integrated into the fabric of the community as a valued and respected regional asset. We are committed to making changes that secure our future while celebrating the values that reflect our history.
STRATEGIC GOALS

- Focus learning on the acquisition and application of knowledge.
- Provide engaging experiences that challenge our students to excel.
- Expand regional outreach and engagement.
- Align University resources – human, fiscal and physical – with strategic priorities.

To view FSU’s Strategic Plan 2018-2023 online, visit [www.frostburg.edu/strategicplan](http://www.frostburg.edu/strategicplan).