

# The University of Montana Division of Student Affairs

## Program Summaries

2008-2009

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# **American Indian Student Services**

## **Brief Program Summary**

### Mission Statement

The Mission of American Indian Student Services (AISS) is to work toward a more involved American Indian student body and to be a liaison between the student body and the University administration, faculty and staff. The program promotes excellence and education for all. The primary emphasis is to identify and provide intervention strategies that help students realize their academic potential while facilitating the University's understanding of these students' diverse needs.

### Goals

- Facilitate American Indian student enrollment and success at The University of Montana.
- Assist American Indian students entering the University adjust to campus and community
- Provide advocacy to facilitate student utilization of critical services and to encourage University programs to accommodate the needs of American Indian students to enhance their success
- Collaborate with existing services on campus to improve service delivery and assure student persistence and graduation

### Assistance Offered

- Financial aid process
- Scholarship searches
- Transitioning to campus and the larger community
- Academic advocacy
- Community resources
- General guidance
- Referrals
- Social and cultural programming

# Campus Recreation

## Brief Program Summary

### Mission Statement

Campus Recreation provides an active environment for social interaction. The following is a listing of the departments and programs administered by Campus Recreation.

<u>Fitness and Recreation Center</u> <ul style="list-style-type: none"><li>• weight room</li><li>• basketball courts</li><li>• cardiovascular machines</li><li>• racquetball courts</li><li>• Jus Chill'n (café)</li><li>• climbing wall</li><li>• gym</li><li>• sauna</li></ul>	<u>Intramural Program</u> <ul style="list-style-type: none"><li>• basketball</li><li>• softball</li><li>• soccer</li><li>• volleyball</li><li>• ultimate Frisbee</li><li>• football</li><li>• racquetball</li></ul>	<u>Outdoor Program</u> <ul style="list-style-type: none"><li>• equipment rental</li><li>• ski trips</li><li>• raft trips</li><li>• backpacking</li><li>• kayaking classes</li><li>• climbing classes</li><li>• bike/ski shop</li></ul>
<u>Fitness Program</u> <ul style="list-style-type: none"><li>• fitness classes</li><li>• personal training</li><li>• consultations</li><li>• certifications</li><li>• yoga</li><li>• Pilates</li></ul>	<u>UM Golf Course</u> <ul style="list-style-type: none"><li>• 9-hole course</li><li>• driving range</li><li>• golf lessons</li><li>• pro shop</li><li>• clubhouse</li><li>• putting green</li><li>• tournaments</li></ul>	<u>Grizzly Pool</u> <ul style="list-style-type: none"><li>• lap swim</li><li>• swim lessons</li><li>• recreation</li><li>• rentals</li><li>• pool merchandise</li><li>• sauna</li><li>• weight room</li></ul>

# Career Services

## Brief Program Summary

Career Services (CS) provides professional counseling services to students to assist them with academic and career decision-making, career planning, resumes, cover letters, applications, job search strategies, and interviewing techniques.

Employment opportunities for students include part-time jobs on and off campus, work-study and non work-study jobs, and full-time jobs after graduation. Students may also combine learning and working through internship and volunteer opportunities.

Career Fairs provide great opportunities to explore career options, network and obtain company/organization information, and locate full-time, part-time, summer, internship, and volunteer positions. The following is a listing of Career Fairs offered by Career Services:

- Student Employment Job Fair
- Graduate and Professional School Fair
- Health Professions Career Fair
- Big Sky Career Fair
- Multi-State Educators' Career Fair

Career Services maintains a website calendar that lists events including but not limited to career fairs, workshops, on-campus recruiting events, employer information sessions, and Ask-an-Alum leadership luncheons. The following is a sampling of such events:

- The Cornerstone of Your Employment Search (resumes and cover letters)
- The Blueprint to Career Success (employment search)
- The Building Blocks to Career Success (portfolios)
- The World is Your Job Site (work abroad)
- Job Search Skills for International Students
- The Finishing Touches to Land the Job (interviewing)

For UM students, Career Services and Internship Services have collaborated to provide Griz eRecruiting, a free system designed to assist students with career preparation and job/internship search. Griz eRecruiting consists of three basic components:

- Online job postings available 24 hours-a-day, 7 days-a-week
- On-campus recruiting program
- Resumes and referrals to employers

The Career Services Testing Center provides academic and professional testing services for students, alumni, and others in the local and regional communities to enhance their educational and professional career goals. A sampling of tests offered is listed below.

### Paper-based testing directory

ACT  
ACT Residual  
DANTES Subject Standardized Tests  
LSAT

### Computer-based testing directory

MCAT  
GMAT  
GRE  
College Level Exam Program Proctoring  
Career & Personality Assessment

# **Curry Health Center**

## **Brief Program Summary**

### Mission Statement

Curry Health Center (CHC) is the primary health care provider for the students of The University of Montana (UM). CHS fulfills its campus role of promoting student success by: providing direct health care to students, enhancing personal health and development, supporting the campus community through education and public health activities, and providing a variety of learning opportunities for students.

### Student Health Advisory Committee (SHAC)

SHAC is composed of students who advise Curry Health Center administration on the operations, programs, and functions of the health center. The objective of SHAC is to bring forth students' needs and concerns in order to promote and encourage positive programs to meet those needs and concerns.

### Counseling and Psychological Services (CAPS)

CAPS assists students by addressing their personal counseling and psychotherapy needs to help them gain the most from their time on campus. A partial list of services provided by CAPS includes individual counseling and psychotherapy, topical group therapy, crisis walk-in, limited psychological assessments, psychiatric consultation, consultation with concerned others, community-based referrals, bereavement counseling, medication management in cooperation with the Medical Clinic, and substance abuse counseling.

### Dental Clinic

The Dental Clinic's primary mission is to treat student dental emergencies and to care for urgent dental needs. As time allows the Dental Clinic is also able to provide preventative services and more routine treatment. Dental Clinic services are provided for fees that are generally 50-75 percent less than those of private-practice dentists.

### Health Enhancement (HE)

HE is home to many programs, staff members, and student employees who work together to promote healthy lifestyles for students. HE strives to reach students through peer education, media, and student volunteer opportunities.

### Medical Clinic

UM students have exclusive access to the services offered by the Medical Clinic which employs approximately 50 medical professionals, including physicians, nurse practitioners, registered nurses, clinical laboratory scientists, and X-ray technicians. The Medical Clinic offers full spectrum primary care, and urgent care for minor illnesses and injuries, including 24/7 services and overnight infirmary care during fall and spring semesters.

### Student Assault Resource Center (SARC)

SARC is dedicated to providing free and confidential services for UM students who have experienced sexual or relationship violence, stalking, or harassment. Friends, family members, and partners are also welcome to use SARC services. SARC also provides educational outreach programs to encourage healthy relationships.

### Self Over Substance (SOS)

CAPS administers the SOS program that focuses on primary and secondary substance abuse prevention. Eligible UM students and their eligible spouses or partners may participate in the program.

# **Disability Services for Students**

## **Brief Program Summary**

Disability Services for Students (DSS) assures program access to the University by students with disabilities. DSS coordinates and provides reasonable accommodations, advocates for an accessible and hospitable learning environment, and promotes self-determination on the part of the students served.

### Mission Statement

Disability Services for Students assures that programs of The University of Montana (UM) are as accessible to and usable by students with disabilities as they are for any student.

### Goals

- Coordinate reasonable program modifications for otherwise qualified students with disabilities
- Advocate for an accessible and hospitable learning environment for students with disabilities
- Endorse self-determination by students with disabilities

### Vision Statement

Expect Access is the vision of Disability Services for Students at UM. Students with disabilities should expect access. They should ask for and expect to be granted their civil right to equal opportunity to learn and achieve based on their innate abilities, and not be judged solely on the basis of a disability.

In the Rehabilitation Act of 1973, Congress stated in its findings that, " ... Disability is a natural part of the human experience, and in no way diminishes the right of individuals to live independently, enjoy self-determination, make choices, contribute to society, pursue meaningful careers, and enjoy full inclusion and integration in the economic, political, social, cultural and educational mainstream of American society ..."

Equality must ever be won, and UM is not completely barrier free. Higher education becomes a level playing field only when students with disabilities assume the personal responsibility to advocate vigorously for their civil rights. Moreover, first class citizenship presumes that students with disabilities will do what they can do for themselves, and students with disabilities will seize control over their lives, and the services provided them. Disability Services strives to educate students wherever possible so that they can make informed choices about their rights and responsibilities. Very deliberately, DSS refrains from paternalistic interventions, for such are the roots of oppression and discrimination against people with disabilities.

## **Enrollment Services**

### **Admissions**

#### **Brief Program Summary**

##### Attracting Prospective Students

Enrollment Services utilizes a sophisticated strategic recruitment plan to ensure that quality, “good fit,” new students enter The University of Montana (UM) each year. The recruitment team travels in state, out of state, and internationally to attract students. In addition, the team develops exemplary recruitment brochures and website content to inform students about the high quality education and life found at the University. Advanced techniques such as geo-demographic analysis and extensive market research are used to identify the best possible pool of applicants to meet enrollment goals. The team then employs superior communication to build honest relationships with prospective students and their families, using leading edge technologies such as an interactive online application email and online chats.

##### Admission

UM practices rolling admission (without specific deadline) in which applications are reviewed according to an established set of criteria and admission is granted on a space-available basis.

##### Undergraduate Admission Types and Associated Course Credits

- A freshman is a first-time college student; a student who has attempted fewer than 12 college credits; a student who is of traditional-age (21 or younger) with a GED; or a student who is of non-traditional age (21 and over) with a high school diploma or GED and no college credits.
- A transfer student has attempted 12 or more college-level credits post high school graduation.
- A post-baccalaureate student has a bachelor’s degree from another institution and wants to pursue an additional undergraduate degree at UM.
- An international student is one attending UM with an F, B, J, L, or M visa.
- High school juniors and seniors of outstanding ability can earn course credit at UM through the High School Pilot Program.
- A distance-education-only student is one who is registered exclusively for online courses at UM.
- Students may be admitted directly to The University of Montana College of Technology (UMCOT). Qualified UMCOT students may take classes at both the UM mountain (main) campus and the UMCOT campus.
- The Golden College enables Montana residents who are 65 years of age or older to take UM classes at reduced tuition rates.
- Credit may be granted to students entering UM submitting scores from the College Board Advanced Placement Examination Program.
- Students who show clear evidence of academic talent and motivation may apply to UM’s Davidson Honors College.
- UM recognizes International Baccalaureate achievement, and awards variable credits for each higher-level examination completed and the degree completion.
- Credit is granted for CLEP scores based on specific criteria.

##### New Student Orientation

Orientation is required for all incoming undergraduate students. During Orientation, students meet with an academic advisor, register for classes, make new friends, learn about transitioning from high school to college, learn about campus services, and discover what campus life will be like.

##### Diversity

The University of Montana respects, welcomes, encourages, and celebrates the differences among us. In recognition of this commitment, we value all members of the campus community, not in spite of, but because of their differences. The resultant value ambience influences the way our students perceive the world. These experiences enrich us with a greater understanding of the human condition and the challenges all people must confront in a rapidly changing, increasingly globalized, and evermore interdependent world society. – *George M. Dennison, President*



**Enrollment Services**  
**Financial Aid**  
Brief Program Summary

The University of Montana offers a broad array of institutional, state, and financial aid including scholarships, grants, loans, tuition waivers, and student employment opportunities to assist students with their educational needs.

Employee Code of Conduct for Financial Aid

The Financial Aid Office staff has adopted a Code of Conduct the expects every member of the University that works with financial aid is to maintain exemplary standards of professional conduct in all aspects of carrying out his or her responsibilities, specifically including all dealings with any public or private entity, which is involved with any type of financial aid including scholarships, grants, loans, and work-study.

General Information

The Financial Aid office provides a free presentation for students and their families on how to plan for college and navigate the financial aid system. Copies of the presentation are available online in PDF format. To receive aid from the federal student aid programs, students must complete the Free Application for Federal Student Aid (FAFSA).

Basic Cost of Attendance

The total Cost of Attendance (COA) for a student includes an average allowance as listed for 2008-09. COA includes costs not charged by the school, but for other living expenses. The UM College of Technology has reduced tuition and fees but all other allowances are the same.

<u>Semester Allowances</u>	<u>MT Residents</u>	<u>Out-of-State</u>
Tuition and mandatory fees	\$2,628	\$8,131
Books and supplies	\$425	\$425
Room and board	\$3,325	\$3,325
Misc. (personal/travel/etc.)	\$1,925	\$1,925
<b>Semester totals</b>	<b>\$8,303</b>	<b>\$13,806</b>
Semester total for College of Technology	<b>\$7,245</b>	<b>\$9,915</b>

Financial Aid Assistance

UM offers numerous scholarships including the Presidential Leadership, National Merit, Horatio Alger Montana Program, Western Undergraduate Exchange, athletic, departmental, ROTC, currently enrolled student, and resident and non-resident awards.

Tuition waivers are available for certain categories of students and may be available for a Montana American Indian, senior citizen, Montana honorable discharged veteran, dependent of faculty/staff, surviving spouse or child of a Montana law enforcement officer, National Merit Semi-Finalist, Montana University Honors Scholarship, war orphan, or dependent of a prisoner of war.

FAFSA applicants are considered for numerous other institutional, state, and federal grants, loans and work-study. During the last completed award year of 2007-2008, financial aid from all sources to students totaled more than \$97 million.

# **Foreign Student and Scholar Services**

## **Brief Program Summary**

Foreign Student and Scholar Services (FSSS) assumes responsibility for the general welfare of foreign students at The University of Montana-Missoula from admission to graduation and practical training. The office provides direct support services, consultation, and liaison to help students and scholars achieve their educational and professional goals and to foster inter-cultural understanding and goodwill.

Specifically, FSSS staff assist in the reception and orientation of foreign students; help with integration into the University and community; interpret immigration regulations and laws and assist students and scholars in maintaining their legal status and obtaining related benefits. Staff members also provide advice for academic and personal concerns, cultural adjustment, financial issues and other concerns that may arise.

FSSS works with the International Student Association and other student groups, as well as the Missoula International Friendship Program, to sponsor cultural activities, a speaker's bureau, a community hospitality program, leadership opportunities for students, and the annual International Culture and Food Festival. It coordinates the Global Partners Program, a campus peer-mentoring program, and offers orientation programs, workshops, educational field trips, and winter/summer break activities.

FSSS manages the International House, an on-campus activity center for intercultural events. The office works closely with other service and advising departments on campus to optimize those services and their visibility to foreign students and scholars.

### FSSS Services and Programs

- Pre-arrival and arrival assistance
- Orientation programs International
- Peer Assistant Program
- Personal and academic advising
- Financial assistance
- Immigration advising
- Liaison with community services
- Speaker's Bureau
- Educational field trips
- International Culture and Food Festival
- Missoula International Friendship Program
- Management of International House
- Coordination with the International Student Association and nationality clubs
- Liaison with federal government agencies

## **Residence Life**

### Brief Program Summary

#### Mission Statement

The Residence Life (RL) provides residence halls and apartment facilities at University Villages and Lewis and Clark Village that are integral components of the academic program and support services at The University of Montana (UM). This mission includes providing a living/learning environment and related academic and co-curricular educational, personal development, and social programs that support the student and institutional goals, as well as nurture the spirit and principles of community living. The mission also includes providing facilities that are healthy, safe and student preferred at competitive market costs. Lastly, fiscal responsibilities and operational effectiveness must be preserved to balance immediate student needs with long-term stewardship responsibilities of the University.

#### Residence Halls

The Freshman Residency Requirement requires students with less than 30 semester credits to live in residence halls. Exceptions are made for married students, single-parent students, and those students who reside with relatives. In addition, students with documented medical or mental health issues may be exempted from the requirement. Students who register to live in residence halls are obligated for the entire semester, and they must take seven or more credits. All residents must contract for one of the on-campus meal plans. Each residence hall room is equipped with standard twin-size beds, desks, dressers, closets, chairs, bookshelves, overhead lighting, network connection, and a wastebasket. Each Pantzer Hall suite common living area also has a refrigerator, microwave oven, large storage closet, a furnished living room, and two bathrooms. Each Miller Hall pod also has a refrigerator, microwave oven, and a living room furnished with a two-seat sofa and sofa table.

#### University Villages

University Villages is composed of 574 apartments, and is primarily for married students, married students with dependent children, single parents with dependent children, and single students with disabilities who require a live-in personal care attendant. Single graduate students may be assigned studio apartments if applicants do not fill the vacancies. Faculty/staff assignments are limited to one year. Disabled students must request accommodations through the normal application process.

#### Lewis and Clark Village

Lewis and Clark Village is a non-smoking facility primarily designated for single UM students without dependents who will have accumulated at least 60 credits hours by the time they move in to the apartments. In addition, the students must take a minimum of seven credits per semester with a minimum of 16 credits per year. Prospective tenants may submit applications together with a requested roommate(s). If a tenant does not have a roommate preference, the Residence Life Office will assign roommates based on like gender, and as space allows, will consider other preferences such as age, smoking, alcohol consumption, and length of agreement.

#### University Villages and Lewis and Clark Village Services and Facilities

Services and facilities include but are not limited to free bus transportation, community center, laundry, storage, trash pickup, security monitoring, mail delivery, maintenance, parking, and regular patrols by UM Public Safety officers.

**Residence Life**  
**DirectConnect and Resident Technology Assistants**  
Brief Program Summary

DirectConnect

DirectConnect is an infrastructure of Ethernet computer network wiring and hardware that provides a direct computing link from students' residence hall rooms and apartments at Lewis and Clark Village to the networked computing resources at The University of Montana (UM) and the Internet at large. Ethernet is fast and efficient, opening doors to network applications that are not practical over a modem connection.

Through networking, students can collaborate on class computing assignments with other students, on or off campus, utilize Mansfield Library resources such as Griznet (online catalog), correspond with professors, friends, or family through electronic mail, and gather information for research projects. Students' college experiences will be greatly enhanced by using DirectConnect.

The cost of DirectConnect is \$160 dollars per regular academic year. Additional rates are available for Intersession and summer session. Using UM's Cyberbear, students may sign up for DirectConnect prior to their arrival on campus.

Resident Technology Assistants (RTA)

Every residence hall, and Lewis and Clark Village has an RTA who lives on site and is available to assist residents with technical issues, such as connecting to the Internet and troubleshooting cable hookups.

The following is a partial list of areas in which an RTA can assist students.

- Understanding the DirectConnect program
- Hardware installation such as Ethernet cards
- Spyware and virus removal
- Hard drive reformatting
- Data backup
- Using software and features of DirectConnect such as Internet browsers or configuring electronic mail
- Any associated software problems caused by connecting to DirectConnect, e.g., operating systems
- Basic hardware assistance, e.g., printer jam
- Problems with cable television
- Gaming Systems

Regardless of students' courses of study at UM, access via DirectConnect offers connectivity to tremendous computing resources on campus and the Internet to enhance students' educational opportunities and college experiences.

## **Residence Life**

### **Griz Card**

#### Brief Program Summary

#### General Description

Griz Card is the official identification card for students, faculty, and staff at The University of Montana (UM). It provides easy access to UM resources and packs a wealth of innovative technologies into one powerful and convenient card. Griz Card contains a person's photograph, name, UM identification number, magnetic stripe, and classification, e.g., student. Griz Card provides access including but not limited to UMoney, University Dining Services meal plans, Campus Recreation facilities, public and UM transportation, campus buildings and rooms, e.g., residence hall room, Curry Health Center, Grizzly Pool, Mansfield Library book and material checkout, Yellow Bicycle rentals, Information Technology computer labs, and UM athletic events.

#### Building/Door Access by Students

Griz Card also provides students access to their residence halls, many of the academic buildings, and various labs throughout campus. The magnetic strip on each Griz Card contains specific credentials for the particular buildings and rooms to which they need access. Door access is determined by students' housing assignments, course/class enrollment, and other special access needs, e.g., some on-campus employment locations.

#### UMoney

UMoney is a convenient feature of the Griz Card. UMoney is a declining account balance that allows the purchase of food, goods, and services at more than 100 locations on and off campus. The Griz Card office provides several options for making deposits into UMoney accounts. Cash, check, and credit or debit card deposits may be made at the Griz Card office located in the University Center. Similar deposits may be made at Griz Central in the Lommasson Center. In addition, credit or debit card deposits may be made via telephone or online.

#### UMoney Venues On Campus

UMoney may be used on campus to pay for entertainment, books, apparel, copier and printing services, food and drink items, hair care, vending machine items, recreation, other campus services, e.g., UC Shipping Express.

#### UMoney Venues Off Campus

UMoney is accepted off campus at numerous automotive, recreation, restaurant, multi-goods and grocery, hair care, drug store, laundry and dry cleaning, florist, coffee and specialty drink, entertainment and music, health, and computer and office supply establishments.

# **University Center**

## **Brief Program Summary**

### Mission Statement

The University Center (UC) is the heart of The University of Montana. It is a gathering place with a welcoming atmosphere full of activity and alive with diversity. As a bridge between formal classroom learning and life experience, activities coordinated by the UC work in harmony with the mission of the University. The UC provides opportunities to develop leadership skills while enhancing an appreciation for responsibility through active student involvement and employment.

The UC serves the university community by providing information resources; a variety of quality, convenient services; a multitude of cultural programs; educational and entertaining events; and recreational and leisure activities; while offering a place for free expression and creative ideas.

### Funding

The UC derives its funding from four sources: an operating fee charged to students, rental of ballroom and meeting rooms, rent from various business partners, and self-operated revenue generating services and programs such as the Game Room, Shipping Express, mailbox rental, locker rental, and technical services.

### Student Involvement and Student Leadership

The UC supports the academic mission of The University of Montana (UM) by helping students become actively engaged in campus life. The UC recognizes the importance of a holistic approach to student development in which in-classroom and out-of-classroom learning experiences are valued. UC programs are designed to enhance students' cultural, intellectual, leadership, personal, and professional development. Student Involvement and Leadership Development is composed of the following elements: art exhibits, and gallery, Game Room, UC Movie Theater, annual and special events, diversity programs, UM National Coalition Building Institute, and student leadership training.

### Facilities

At 10,437 square feet, the UC houses one of the largest ballrooms in Missoula. The ballroom is ideal for banquets, weddings, tradeshow, conferences, and small concerts. The entire third floor of the UC is dedicated conference, event, and meeting space. The meeting rooms offer flexible room configurations with soundproof dividers, variable lighting, public address systems, data ports, Internet connections, and multi-media capabilities.

The 300-seat UC multipurpose theater has multimedia capabilities ranging from LCD displays, satellite downlink, 35 and 16mm films, DVD, and VHS viewings on a cinema theater screen along with surround sound.

Beautiful gardens are located in the first-floor UC Atrium. The Atrium can be reserved by groups for small receptions and in-door barbecues, and it is also used by student groups for table displays, noon speakers, and small concerts.

# University Dining Services

## Brief Program Summary

### Mission Statement

University Dining Services (UDS) enriches The University of Montana (UM) campus community by promoting sustainable business practices, providing outstanding cuisine, and delivering exceptional guest service, as they gather for dining, learning, and celebrating.

### General Information

UDS provides students, faculty, staff, and visitors with a variety of dining options campus wide. Guest satisfaction is achieved by providing delicious, well-balanced meals, reasonable prices, excellent guest service, and innovative programs.

### Meal Plans

Board Meal Plans – UM requires all students living in residence halls to purchase a meal plan. Meal plans are prepaid purchases of meals for the semester. UDS offers two distinct meal plan options for those living in the residence halls.

Commuter Meal Plan – The Commuter Meal Plan is available to all students not living on the main campus as well as faculty and staff. The Commuter Meal Plan funds can be used at all UDS venues that accept the Griz Card.

### Venues

Food Zoo – The Food Zoo is an all-you-care-to-eat dining room; it offers the guests the best value for their food dollars.

Cascade Country Store – The Cascade Country Store, located in the Lommasson Center, is a combination of five food kiosks, a convenience store, and a large dining area.

UC Food Court – Located on the second floor of the University Center, the UC Food Court is a contemporary style food court boasting eight kiosks and a large selection of grab-and-go items. They serve breakfast, lunch and dinner.

Coffee Operations – UDS operates three coffee venues on campus. The Biz Buzz coffee cart resides in the Gallagher Business Building. Remodeling is underway to establish a permanent spot for this coffee operation. The Think Tank, located above the underground Urey Lecture Hall, serves gourmet coffee, soup, and sandwiches. La Peak, located in the Lommasson Center, is a sit-down coffee shop that offers gourmet coffee, crepes, quiche, bagels, and breakfast sandwiches.

### Programs and Services

Bear Claw Bakery – The Bear Claw Bakery furnishes all of our venues, including the catering department, with fresh baked goods. They also accept orders for specialty cakes.

University Catering Services – The catering department provides service exclusively for UM students, faculty, staff, alumni, and campus guests. The scope of services includes everything from coffee breaks to an elegant wedding for 1,000 guests.

UM Concessions – UM Concessions provides concession service for all Grizzly athletic events, concerts, and shows held in the Adams Center, Washington-Grizzly Stadium, and Dornblaser-South Campus Stadium.

Bear Hug Program – The Bear Hug Program provides parents and friends opportunities to send gift packages to others on campus.

Nutrition – Nutrition services are provided on campus by a Registered Dietitian (RD). Nutrition counseling can address **wellness**, weight loss, **eating disorders**, and medical conditions such as diabetes and high cholesterol. If students live on campus and have medically necessary diet restrictions (e.g., food allergies or low-sodium diets), they are encouraged to contact the RD as soon as possible. All food accommodations are included in the price of a meal plan. This service is free to board meal plan participants.

UM Farm to College Program – The UM Farm to College Program is dedicated to buying food locally to feed the campus community. Through the program, UDS has purchased over \$2.5 million worth of local food. The program highlights UM’s dedication to the local economies while providing fresh, healthful food to the campus community.

Family Favorites – Family Favorite Day is designed for students and their families to share favorite dishes from home. Each fall and spring semesters, families are invited to send in their recipes, and UDS does the cooking.