Communication and Money
Edith J. Carrier Arboretum
Family Weekend
First-Year Send Offs
Health Center Updates
JMU Access Card
New Treatment Programs
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University Business Office
Welcome to the Madison Family
Welcome
- Event Calendar
- Family Weekend

University Business Office
- 2014–2015 Rates

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- JMU Access Card

Family Weekend
- Congratulations

EJC Arboretum
- First-Year Send Offs

New Treatment Programs
- Health Center Updates
- Grow By Degrees
On behalf of the Parents Council, we congratulate your student for his or her acceptance into James Madison University. This is an exciting time for you and your family, and we want to help in making this move to JMU as smooth as possible.

Two opportunities for new Madison families are local First-Year Send Off gatherings in July or August and JMU Family Weekend Oct. 10–12. The send off is a great setting for you and your student to meet and speak with current students, parents, administrators and other new JMU family members in your area. The send off schedule is published on the web at: www.jmu.edu/parents/FYSO2014.shtml and a brochure with complete details will be e-mailed to you.

Family Weekend is packed full of fun-filled activities. Thousands of families take advantage of this opportunity to get a taste of campus life with their students and to further enhance their Madison family experience. Information is on the website: www.jmu.edu/parents/Family_Weekend.shtml. If you really want to get ahead, it isn’t too soon to make your hotel reservations for Family Weekend scheduled for October 10-12, 2014, which is the biggest weekend on campus. Hotel accommodations are listed on the Parent Relations website. Football tickets for Family Weekend are on sale now and may be ordered by calling the Athletic Ticket Office at (540) 568-3853 or online at www.jmusports.com.

The Parents Council is a vibrant part of James Madison University, serving as an advisory board to members of the University administration. We are here to assist you through this significant transition from high school to university life, and the challenges each step presents. Information about the Parents Council, the application and a list of current members are available online at www.jmu.edu/parents/parents council.shtml. All of us are willing and anxious to answer your specific questions about Parents Council and any general questions about JMU and its programs. Please feel free to call on us. We are here for you. The JMU Parents Council is a great way to get involved in JMU and to learn about its many diverse academic and extracurricular programs. Our participation has enriched our JMU experience and been the source of a number of lasting friendships. Please consider completing the online application to join us! All applications will be reviewed and telephone interviews will be conducted with final candidates. Notifications will take place by the end of August. Again, please consider applying.

We encourage your involvement with your student in the Madison experience. Whether you serve on the Parents Council or participate in other activities supporting your student and JMU, your involvement is welcomed. Working together, we can assure the success of our students and further the advancement of this outstanding university. Welcome to the Madison family!

Sincerely,
Sam & Laurie Shellenberger (’15P) Parents Council Chairs
Important Things to Know about Your Student’s Financial Account

- Your student’s university charges, payments and financial aid are posted online in their Madison Money Manager (M3) account.
- Your student will access M3 through MyMadison and is emailed when the initial semester statement is processed and any time thereafter when there is a balance on the account.
- Your student can give you access as an “Authorized User” to M3. Giving you access as an Authorized User allows UBO to email you when statements are processed and allows UBO staff to discuss the account with you when you call or stop by our office.

The initial semester statement will be processed around August 1, 2014. Accepted financial aid, Virginia 529 payments and amounts contracted through our installment payment plan will be listed as “credits” on the billing statement.
- Any charges not covered by financial aid, Virginia 529, or the installment payment plan will be due in full by Friday of the first week of classes – August 29, 2014.
- The installment payment plan is available to all Authorized Users in M3 for any amount determined adequate to cover the balance. The plan opens on June 1, 2014 and provides five equal monthly payments through an automated debit from a bank account or an automated charge to a credit card. Plan amounts can be increased or decreased by calling UBO.
- UBO staff will be available during your orientation visit to assist you and answer your questions. Detailed information on student accounts can be found on the University Business Office website [www.jmu.edu/ubo](http://www.jmu.edu/ubo). If you have questions please email our office at [ubo@jmu.edu](mailto:ubo@jmu.edu) or call during regular summer business hours (Mon – Thurs 8 am to 5 pm, Fri 8 am to 12 noon) or during regular academic year business hours (Mon – Fri 8 am to 5 pm) for assistance.

University Business Office
MSC 3516
Harrisonburg, VA 22807
(540) 568-6505
e-mail: ubo@jmu.edu

2014–2015 UNDERGRADUATE RATES
(per semester)

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I’m sure you are dealing with a host of various emotions that go hand in hand with sending your student off to college. The questions running through your mind are probably endless. It’s time for your student to live in an environment where you cannot be there on a daily basis. It’s time for your student to become more independent, make good choices, and make some “not so good” choices that will likely have to be resolved without your assistance. At the top of the list of choices students have to make is how to handle their money. Unfortunately, in the world of finances, a bad decision made on the spur of the moment can take years to rectify.

Many people think of our office as the place where students go to secure money to pay for college. While that is a large part of what we do, we also have an educational component to our mission. Our mission statement reads:

We will ASSIST with identifying and obtaining resources to finance higher education; DELIVER funds in a timely and equitable manner; and EDUCATE, so that informed financial decisions can be made.

Educating students how to handle their finances can be challenging, but also very rewarding when we see progress made. As the parent of a new JMU student, it is important for you to know that one of the first measures we have put in place to help students reach the point where they can independently handle their finances is to make them the primary contact for almost all financial aid communication.

Our office sends very little information home or to the parents of JMU students. In most cases we will communicate dates, deadlines, and requests for information with your students via e-mail, their MyMadison account, Facebook, our website and newsletters. Making the students the primary point of contact for this information puts them in a position to take ownership and responsibility of their finances from the perspective of financial aid. It’s a step towards financial independence.

Since this can be a shock to many new students who have relied on their parents to handle most of their financial matters in the past, we suggest students and parents agree upon a communication path for parents to learn about this important information. As parents you can learn about very important financial aid information by “liking” our Facebook page (JMU Financial Aid), as well as reading the newsletters and other information on our website. However, you will not be able to access your student’s personal financial aid information without their assistance. This is where developing a communication path between you and your student is extremely important if you would like to be informed of this information.

Students are also faced with challenges in handling finances on a day-to-day basis. In most of the surveys we have conducted on campus our office has discovered some areas where students can really benefit from some instruction. For example, in almost every group we surveyed anywhere between 50% - 60% of the students have overdrawn a bank account at some point. In another survey conducted by the Counseling and Student Development Center students said they had concerns over a lack of money/resources and would like more assistance in handling money wisely and budgeting issues.

Our office has implemented many different measures to help students with these important financial literacy topics. For example:

- We conduct workshops for students throughout the year
- Our website (http://www.jmu.edu/fnaid/fnlliteracy.shtml) contains a financial literacy section with a budgeting case studies/worksheets as well as a host of other resources
- We teach a 3 credit hour elective course (IS275 Dollars and Sense) aimed at helping students understand the basics of handling their money and making wise financial choices
Family Weekend: Fun for the entire family

Families are invited to JMU for Family Weekend. This annual event offers a taste of campus life, an opportunity to visit your son’s or daughter’s campus home, to meet other JMU families, as well as attend a variety of exciting events.

Family Weekend 2014 will be held Oct. 10–12. Remember, hotels and motels fill up quickly, so make your reservations early! Visit the accommodations Web site at www.jmu.edu/parents/accommodations.shtml for a comprehensive listing of hotels/motels in the local area.

Family Weekend postcards, containing new brochure and registration information, will be mailed the first of July. Tickets for the Family Weekend football game, are available now. The Friday night Colin Mochrie & Brad Sherwood: Two Man Group show, and the Saturday night JMU Pops are available online at www.jmu.edu/parents/Family_Weekend.shtml.

For all other Family Weekend events, tickets will go on sale July 1. Football tickets can be ordered through the JMU Athletics Ticket office by phone (540) 568–3853 or online at www.jmusports.com.

Communication… (cont.)

- We are available to assist students with developing their personal budgets and answering many of their general financial questions.

Another resource we offer free of charge to students is an on-line financial education program called CashCourse, which can be accessed at http://www.cashcourse.org/jmu. CashCourse takes students through a series of financial lessons with the goal of teaching them to make wise decisions and become more independent in the area of handling their finances.

Our hope is that students attending JMU will achieve a high level of independence so when they graduate and hit the “real world” they will be in a better position to handle their own affairs, and making wise financial decisions is a major component of this.

The facts tell us that many 18 year olds are simply not in a position to handle their financial affairs completely by themselves at this stage of their lives. Without guidance and education many of them will learn the “hard way,” by making costly financial mistakes. Creating an open channel of communication between parents and students on these topics can be very beneficial.

If you have not done so yet, have a talk with your student about how they plan to handle their financial affairs at school. If they are not sure, then work with them on developing a method to do so. If you need assistance in this area, then feel free to direct them to our office. The sooner we can help a student stand on his or her own two feet in this area, the better prepared they will be to “lead productive and meaningful lives” once they graduate JMU.

Financial Aid & Scholarships
Warren Hall, MSC 3519
Harrisonburg, VA 22807
(540) 568-7820

Congratulations...

Beginning college is an exciting time, a time filled with pride, anticipation, and pure joy when watching a beloved son or daughter take an important step toward adulthood. Parents, you’ve done a good job, and we commend you for all the years of encouragement, discipline, attention, energy, nagging, prodding, support, and love you have bestowed upon your son or daughter.

But, the time has come, the moment you have worked, hoped, and maybe even prayed for, is here: Your son or daughter is going to college! It is a time of change, and with any change, there will be moments of discomfort, bewilderment, perhaps even fear and anger, and certainly frustration for both you and your student. There also will be moments of laughter, pride, surprise, and immense satisfaction as your student learns and grows and becomes an independent, responsible young adult. We hope you and your student enjoy the journey.
First-Year Send Offs

Before embarking on one of the most wonderful experiences of a first-year student’s (and new parent’s) life, celebrating JMU style at one of JMU’s amazing First-Year Send Offs is a must! First-Year Send Offs offer incoming students and their parents an opportunity to talk with current JMU students, alumni, faculty and staff members, Parents Council members, and enables them to meet fellow classmates from their geographic areas.

These events are a great way to network with other Duke families, and provides an excellent opportunity to get any last minute questions answered.

Each sendoff lasts approximately two hours, and includes: an icebreaker BINGO game, prize drawings, lunch or dinner, question and answer session, information session, and every student and his or her parents will walk away with a goodie bag.


JMU’S EJC ARBORETUM

Restoration Recreation and Summer Storytime

A n array of learning opportunities continues at the Edith J. Carrier Arboretum throughout the summer months when most of JMU’s students are gone. But the arboretum’s summer learning is geared toward students who aren’t Dukes… yet! Young children can enjoy imaginative botanical exploration on over three miles of trails, and from animated readings by a story teller who uses personification to bring stories to life. Story time in the Understory, offered second Tuesdays beginning June 10 and continuing until September 9 at the Jurney Stage Garden, is a themed botanical, nature and environmental children’s literature program under an open sky. Parents and caregivers can bring young adventurers to the EJC Arboretum with a picnic and picnic blankets or lawn chairs.

For mature EJC Arboretum friends and visitors, the summertime Brown Bag Lunch Lectures series offered at noon, Wednesdays, beginning June 18 in the Pavilion, offer a stimulating series of topics. Learn all about arboretum life in this summer’s first two lectures, from a total of six lectures, featuring small mammals and amphibians. For a complete list of lecture topics, visit the arboretum’s website, jmu.edu/arboretum. Brown Bag Lunch Lectures are often hands-on and interactive to heighten enjoyment while those who attend, children to retirees, gain new knowledge. The lectures and parking are free, open to all ages and do not require advance registration.

Also for visitors and friends whose interest is in improving their overall health, the EJC Arboretum offers “restoration recreation.” The arboretum isn’t a park, so recreational sports are not permitted on its grounds. However, visitors come from near and far for the serenity of taking woodland walks. For relief from summer heat, air temperatures are consistently cooler in the arboretum woods. For the calming benefit of personal meditation or serene contemplation, these kinds of restoration recreation can definitely be found following the labyrinth’s winding pathway to its soul-centering conclusion. Restoration Recreation is found uniquely at James Madison University’s Edith J. Carrier Arboretum! Come for your visit soon. The EJC Arboretum is open to the public, free, 365 days a year, dawn to dusk.

Edith J. Carrier Arboretum
780 University Blvd,
Harrisonburg, VA 22807
(540) 568–3194
www.jmu.edu/arboretum/

Office of Parent Relations
220 University Blvd,
MSC 3605
Harrisonburg, VA 22807
(540) 568-3190
www.jmu.edu/parents/
New Treatment Programs at JMU
Supporting student success

BY NINA CRITZ, M.S. & JERROD KOON, PH.D.

Have you noticed that your student seems overwhelmed when navigating dilemmas or is having difficulty making decisions? Is he or she more tense or anxious than usual and finding it difficult to stop worrying? Your student, like many college students across the nation, may be struggling with managing distress and anxiety. In response to these growing needs, the JMU Counseling and Student Development Center (CSDC) has launched two new specialized treatment programs. You’ve Got This and #tacklinganxiety were designed specifically to assist JMU students in increasing resiliency skills and reducing anxiety symptoms. These programs are consistent with the CSDC’s mission to offer students access to effective and efficient clinical services within a brief treatment model.

Both programs consist of five, one-hour sessions of evidence-based skills and strategies. You’ve Got This was designed to reduce symptoms of distress and increase positive coping strategies, and #tacklinganxiety was designed to reduce anxiety, worry, and panic symptoms. Students can often begin the program within a week of their initial appointment. At the end of the program, each student completes an exit interview to determine if additional services are necessary. In many cases, participation in these programs will prevent the need for additional clinical services.

So far this semester, over 100 students have been referred to these treatment programs. Students are responding positively and are reporting that, in addition to receiving helpful skills, they no longer feel alone in their experience of anxiety and distress.

In the near future, the CSDC plans to create online self-guided modules for students to access the treatment program content through the JMU CSDC website. We envision that the treatment programs will continue to grow and evolve to meet the needs of JMU students.

Counseling and Student Development Center (CSDC)
Varner House
(540) 568-6552
www.jmu.edu/counselingctr/index.shtml

Health Center updates

The University Health Center is now located in the new Student Success Center at 724 South Mason Street. The same programs and services are offered in the new and improved Health Center, which includes space for future additional services such as radiology, physical therapy, optometry, and a pharmacy.

Hours:
The University Health Center hours are 8-5 M-F (9-5 Thr). Please remind your student to call 540-568-6178 to make an appointment, or to take advantage of the walk-in hours 8-4 M-F (9-4 Thr). Regular office visits are covered by their student fees and additional services often cost less than their co-pay elsewhere.

Immunization:
If your first-year student’s immunization dates are not entered into MyJMUHealth (the University Health Center’s secure online portal) AND their Immunization Form is not completed and verified by July 29, they will be subject to a non-refundable $50 fee and an enrollment hold will be placed on their account.

Resources:
It may not always seem like it, but your influence as a parent is a major factor in your children’s lives and the decisions they make, even when they are away from home. Please remind your child about family values, expectations, and healthy choices as well as the health and wellness resources available to them at the Health Center.

University Health Center
235 Cantrell Ave, MSC 7901
Harrisonburg, VA 22807
(540) 568-5474

Off Campus Life

Off Campus Life is here to assist individuals in gaining necessary knowledge and skills to make informed decisions within the Harrisonburg community. The transition of moving off-campus includes new and exciting situations, challenges and responsibilities. This includes upholding legal and community responsibilities, budgeting finances, learning time management and adjusting to life with roommates. OCL helps students understand and assists them in living up to these new expectations. If you have any questions about transitioning off campus, or need help locating a rental unit, please do not hesitate to check out our website or contact us.