

**AUGUST**  
2018 ISSUE

# **MAVERICK FAMILY NEWSLETTER**



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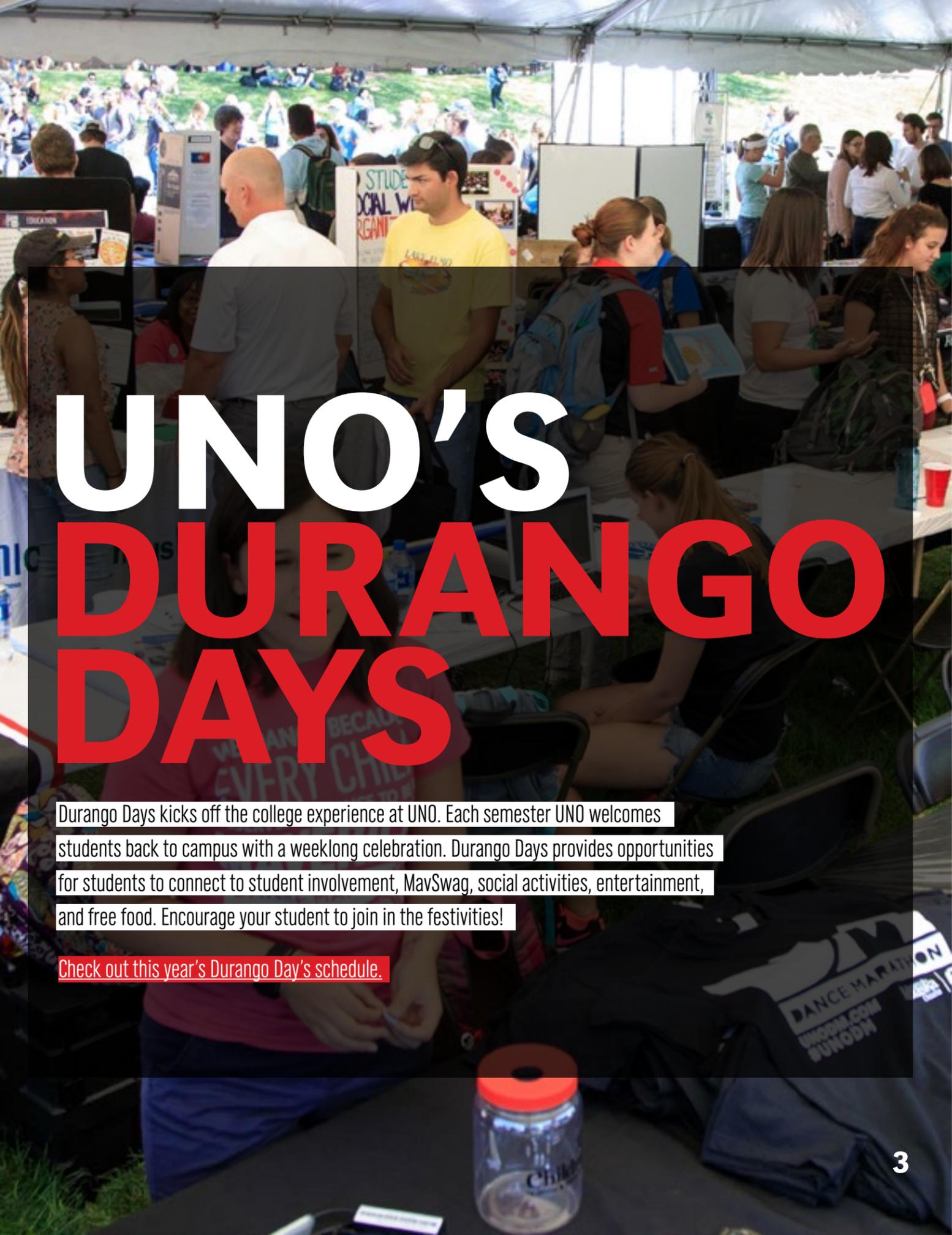
EVENT CALENDAR 11-12

## WELCOME TO THE MAVERICK FAMILY

On behalf of the faculty, staff, and administrators at the University of Nebraska at Omaha, I would like to extend a warm welcome to you and your student as we start another academic year. We take the responsibility of helping your student succeed in college seriously and are prepared to assist and support them throughout their journey here at UNO. There are so many people on our campus waiting to help and support you and your student, so please don't hesitate to take us up on this offer. Just as your student is a part of our community of learners, you too are a part of our Maverick family. I hope that you find our monthly family newsletter helpful in supporting your student. It is designed to connect you to resources and communicate significant milestones throughout the academic year. So be on the lookout at the start of each for a new edition of the Maverick Family Newsletter. Your student is now a part of campus community that is focused on helping your student achieve their goals, personally and professionally. Best of luck to you and your student as they begin their journey here at UNO.

Committed to your student's success,

Kristina Cammarano  
Assistant Vice Chancellor Student Success  
University of Nebraska at Omaha  
kmjuarez@unomaha.edu



# UNO'S DURANGO DAYS

Durango Days kicks off the college experience at UNO. Each semester UNO welcomes students back to campus with a weeklong celebration. Durango Days provides opportunities for students to connect to student involvement, MavSwag, social activities, entertainment, and free food. Encourage your student to join in the festivities!

[Check out this year's Durango Day's schedule.](#)

## ACADEMIC FEATURE

# COMMON READER EXPERIENCE

**THE COMMON READER EXPERIENCE** is an opportunity for all first-year students new to UNO this fall. Students were asked to read the book during the summer and think about possible discussion topics. Co-chair of this program, Dr. Lucy Morrison, said, "Students at UNO have many opportunities to follow their interests, and the Common Reader Experience launches their academic career with a shared experience and opportunity."

First-year students come together before New Student Convocation (on August 19) to discuss a text chosen by a committee representative of students, faculty, and staff across the colleges.



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The text chosen for the campus-wide Fall 2018 Common Reader Experience is Willa Cather's *My Antonia*, which we will celebrate for its Nebraska setting in the year of its centenary. Its themes of immigration, memory, and wonder should engage all the first-year students who are invited to join us in this [Common Reader Experience](#).

# TIPS FOR MOVE-IN

UNO's housing team is excited to kick off a new year and to welcome students and their families for move-in! To help you and your family prepare for the big move, we've provided some tips that will help make move-in a smooth and fun experience.

## TIPS FOR A SUCCESSFUL MOVE-IN

- Please review the Move-In Guide that was sent to your student. This guide is filled with information that will assist with the transition to living on campus.
  - If your student is living on Dodge Campus (Maverick Village, University Village), you can view the move-in guide [here](#).
  - If your student is living on Scott Campus (Scott Court, Crossing, Hall, or Village), you can view the move-in guide [here](#).
  - The Move-In Guide book for check-in locations, unloading zones, and long-term parking. Campus maps can be found on the [UNO website](#).
- Add the move-in date(s) and time(s) to your calendar.
- Bring what you need to make the move easy and efficient. Moving carts and dollies are available for checkout on both campuses.
- Check out the "Bring It or Leave It" list included in the Move-In Guide.
  - This list will help your student decide what to bring to campus and what items are not permitted.
- Make sure to have your student purchase a resident parking permit, if they will be keeping a car on campus. [This can be purchased prior to moving in.](#)



- Ensure that your student meets their Resident Assistant (RA).
  - All of our RAs will be present and helping with move-in. They are excited to meet you and welcome you to campus. Your student's resident assistant is an excellent resource and can help your student get settled into life on campus.
- Encourage your student to introduce themselves to their roommates and neighbors.
  - Be supportive and encourage your student to attend housing events and Durango Days. There are so many events and opportunities on campus – we want to make sure students take advantage and get involved.



## ITEMS NEEDED FOR MOVE-IN

- UNO MavCARD (Student ID) or photo ID
- Meningitis Form (if not previously mailed in)

## CONTACT US

The housing team is here to make move-in a smooth transition for students and their families. Please reach out and let us know if we can assist or support you in any way. Housing and Residence Life, [unohousing@unomaha.edu](mailto:unohousing@unomaha.edu)

## WELLNESS

# 8 DIMENSIONS OF WELLNESS

Wellness means overall well-being. It incorporates the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person's life. Each aspect of wellness can affect overall quality of life, so it's important to consider all areas.

The following wellness indicators\* incorporate multiple elements of every day health into one model. Each indicator can affect our overall quality of life, because wellness directly relates to how long we live and how well we live. Below is a list of each indicator and a short description of the role they play in wellness.



### INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills



### OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work



### PHYSICAL

Recognizing the need for physical activity, diet, sleep, and nutrition



### EMOTIONAL

Coping effectively with life and creating satisfying relationships



### ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support wellbeing



### FINANCIAL

Satisfaction with current and future financial situations



### SOCIAL

Developing a sense of connection, belonging, and a well-developed support system



### SPIRITUAL

Expanding our sense of purpose and meaning in life

\*Substance Abuse and Mental Health Services Administration (SAMHSA) developed the definitions UNO uses for the 8 dimensions of wellness. **7**

## SAFETY

### A LETTER FROM CHARLOTTE EVANS:

On behalf of the UNO Department of Public Safety (UNODPS), welcome to the UNO family! Our goal is to provide our community with a safe and secure environment in which to learn, live, and work.

UNODPS police officers and security officers actively patrol the campus by vehicle, bike, and on foot, 24 hours a day, 7 days a week. We ask our community to call if they need an officer or if they simply just feel unsafe. Officers provide personal safety escorts as needed, motorist assists, and will take time to make a safety plan so that our community feels safer and is safer.

Requests for police or security services are answered by our dispatch office, which is always staffed and ready to respond to requests for help or service by calling (402) 554-2648.

Find additional information [public safety information](#) on our website. You can also view our [New Student Safety video](#) and learn more about [our process for handling emergencies](#) on campus.

Please let us know if there is anything we can do to help you or your student feel safer on our campus. We're here to help.

Charlotte Evans  
Chief of Police  
UNO Department of Public Safety

**POLICE**  
UNIVERSITY OF NEBRASKA AT OMAHA

POINTS OF PRIDE

# UNO'S NATIONAL RANKINGS

UNO has made institutional inclusion and diversity a priority by making sure the campus is welcoming and accessible for all faculty, staff, and students. Our national rankings reflect the good work being done here at UNO:



Learn more about what makes **UNO** a great university for our students.

### MILITARY TIMES' BEST: COLLEGES 2018

For the sixth consecutive year, the University of Nebraska at Omaha (UNO) has been named in the top 10 of the "Military Times' Best: Colleges 2018" rankings. See why UNO is one of the best universities for military and veteran students, and their families.

### MOST LGBTQIA+ FRIENDLY COLLEGE

UNO was recently named the most LGBTQIA+ friendly college in the state of Nebraska by the Campus Pride Index, in partner with BestColleges.com. See why UNO is the best college in Nebraska for LGBTQIA+ faculty, staff, and students.

## DATES, DEADLINES, & REMINDERS

- August 12- August 18: Maverick Move-In
- August 17-18: Maha Music Festival | Aksarben Village
- August 19-August 29: Durango Days
- August 19: Common Reader Experience | 1:30pm-3:30pm
- August 19: New Student Convocation | Baxter Arena 4pm-6pm
- August 20: Fall Semester Classes Begin
- August 22: Student Involvement Fair | Pep Bowl 11am-1pm
- August 23: #GLOatUNO | Pep Bowl 7:30pm
- August 23: Get to Know the O Community Expo | 128 H&K 11am-1pm
- August 23: UNO's Transportation Showcase | H&K 11am-1pm
- August 24: Mavs After Dark | H&K Building 8pm-11pm
- August 25: Maverick Day of Service | Weitz CEC 8:30am-2pm
- August 29: Part-Time Job & Volunteer Fair | Weitz CEC 1pm-3:30pm



**EVENT CALENDAR**

**AUGUST 2018**

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
			<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>
<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>
<b>MAVERICK MOVE-IN</b>					<b>MAHA MUSIC FESTIVAL</b>   AKSARBEN VILLAGE	
<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>
<b>NEW STUDENT CONVOCATION</b>   BAXTER ARENA 4PM-6PM	<b>FALL SEMESTER CLASSES BEGIN</b>		<b>STUDENT INVOLVEMENT FAIR</b>   PEP BOWL 11AM-1PM	<b>GET TO KNOW THE O COMMUNITY EXPO</b>   128 H&K 11AM-1PM  <b>UNO'S TRANSPORTATION SHOWCASE</b>   H&K 11AM-1PM	<b>MAVS AFTER DARK</b>   H&K BUILDING 8PM-11PM	<b>MAVERICK DAY OF SERVICE</b>   WEITZ CEC 8:30AM-2PM
<b>DURANGO DAYS</b>				<b>#GLOATUNO</b>   PEP BOWL 7:30PM		
<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	
			<b>PART-TIME JOB &amp; VOLUNTEER FAIR</b>   WEITZ CEC 1PM-3:30PM			

**UNIVERSITY OF NEBRASKA AT OMAHA**

NEW STUDENT AND FAMILY PROGRAMS

MAVERICK LANDING

Email: [nsfp@unomaha.edu](mailto:nsfp@unomaha.edu)

UNIVERSITY OF  
**Nebraska**  
Omaha



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