

SPRINGFIELD

COLLEGE



YOUR EXPERIENCE
STARTS HERE.

SPRINGFIELD COLLEGE

IT STARTS WITH HUMANICS.

Humanics, the age-old Greek ideal of the balanced individual. We believe, as did the ancient Greeks, that a person's emotional, intellectual, and physical lives are interconnected. The Humanics philosophy calls for the education of the whole person—in spirit, mind, and body—for leadership in service to others. And, we represent this ideology with a triangle. You'll see lots of them around campus.

Sounds pretty deep, but it's really not that complicated.

Simply put, it's not all about books around here. It's also about fitness, attitudes, and emotions. So, while preparing for your life of helping others, your education at Springfield College will also provide you with an understanding of how the elements of Humanics work together. It's all about balance.

And so far, the balancing act seems to be working.

But don't take our word for it, schedule a visit and come see for yourself. It will be the best visit ever.

- You simply pick the time and date. We do the rest. Let us personalize your visit.
- Check out our online calendar to find the perfect time for you at springfield.edu/visit.
- Tours are offered year round and can include an overnight stay.

YOU'LL BE PROUD OF THE GULICK TRIANGLE.

"The symbolic meaning of The Triangle... is man in his three natures: physical, mental, and spiritual, united so as to form one being. Our triangle is equilateral. Each part should be equally developed, symmetrical with reference to itself, and also with reference to the other parts."

—Dr. Luther Halsey Gulick



FAST FACTS

4,100 SPRINGFIELD COLLEGE STUDENTS

2,100 UNDERGRADUATE MAIN CAMPUS STUDENTS

1,000 GRADUATE MAIN CAMPUS STUDENTS

1,000 REGIONAL AND ONLINE STUDENTS

MORE THAN 40 UNDERGRADUATE MAJORS

100 PERCENT of new incoming students receive financial aid

33 STATES REPRESENTED

30 COUNTRIES REPRESENTED

60-PLUS STUDENT ORGANIZATIONS AND CLUBS

120,000-PLUS HOURS OF COMMUNITY SERVICE performed by students annually

85 PERCENT first-to-second-year retention rate for students studying at the main campus for the past four entering classes (2018 data from Springfield College Institutional Research). This average is high above the national average rates for first-to-second-year student retention of 71 percent for private colleges and 70 percent for public (2017 ACT Data)

68 PERCENT of our students graduate in four years (compared to 39 percent at other private colleges and 24 percent for public colleges)

89 PERCENT of undergraduate students live on campus all four years

100 ACRES of lakefront property on the main campus

57 ACRES of forest ecosystem and lakefront at East Campus

10 RESIDENCE HALLS (with guaranteed housing for all four years)

12:1 Student-to-faculty ratio

100 PERCENT of full-time coaches are teacher-coaches

22 STUDENTS Average class size

MORE THAN 30 STUDY ABROAD PROGRAMS across the globe

33 PERCENT of our students are student-athletes

26 NCAA DIVISION III TEAMS

12 CLUB SPORTS

YOU'LL BE PROUD OF YOUR ALUMNI COMMUNITY.

James Naismith, Graduate Class of 1891—Innovator

James Naismith was a graduate student and instructor when he invented the game of basketball at Springfield College in 1891.

James Frank, G'56, DPE'63—National Leader

James Frank was the first African-American NCAA president. Frank also served as the commissioner of the South Western Athletic Conference from 1983 until his retirement in 1998.

Dr. Tom Waddell '59—Medical Doctor, Social Justice Visionary, Olympian

Tom Waddell was an infectious disease specialist, decathlete from the 1968 Olympics, and founder of the Gay Games, an all-inclusive, international athletic and cultural event.

Sue Peterson Lubow '75—U.S. Merchant Marine Academy Athletic Director

Sue Peterson Lubow was the first and only female athletic director at a U.S. federal service academy.

John Cena '99—World-renown Entertainer and Make-A-Wish Volunteer

John Cena is an actor and WWE entertainer and individual who has granted the most wishes for the Make-A-Wish Foundation.

Erin Pac Blumert '03—Olympic Medalist

Erin Pac Blumert won bronze as part of the U.S. bobsled team in the 2010 Olympic Winter Games.

Neil Nicoll, G'73—YMCA of the USA CEO Emeritus

Neil Nicoll served as president and CEO of the YMCA of the USA from 2006 until 2014.

General Robert Winglass '57—Three Star General U.S.M.C. (Retired)

Gen. Robert Winglass is the highest-ranking three star general, U.S. Marine Corps retired.

Bill Holiber '77—Publisher

Bill Holiber is the president and CEO of *New York Daily News* and *U.S. News & World Report*.

Learn more at springfield.edu/notablealumni.



HANDS-ON EXPERIENCE EARLY AND OFTEN

Our students jump into their programs and start their experiential learning in year one. Put theory into practice and work side by side with community members, experts, and scholars to improve your skills and add to your breadth of knowledge. Many majors blend traditional coursework with applied internships, service-learning programs, research opportunities, or fieldwork. You'll discover innovative ways to solve problems, and turn your education into a valuable life experience. And sometimes you can't put a price tag on that. We really are worth the cost, and so is your future.

“One of the reasons I chose Springfield College was to have the opportunity to teach students of all ages—elementary, middle, and high school—in the Springfield area. This allowed me to learn what age range I wanted to teach. During my pre-practicum, I took the lead-teacher role, created lessons and activities, and taught classes in Springfield and neighboring school districts. I was not only able to create the lesson plans but also teach the class myself.

“Springfield College has helped with my development as a leader, future educator, and individual. I try to think about how I can repay the school for all it has given me, and my response is to pay it forward, to take what I've learned and teach it to someone else.”



YOU'LL BE PROUD OF YOUR COLLEGE'S PROGRAMS. ↪

Our academic programs will challenge you to grow, intellectually and personally. Plus, our “early and often” philosophy about hands-on learning will put experience on your resume before you even graduate.

Choose from more than 40 undergraduate majors in a wide range of human-helping fields. Our most popular programs include applied exercise science, physical therapy, physical education, sport management, physician assistant, business, athletic training, health science, psychology, criminal justice, and biological sciences.

To explore our list of minors, go to springfield.edu/programs.

Undergraduate Majors

- Accounting
- American Studies*
- Art*
- Art Therapy
- Athletic Training
- Biology*
- Business Management
- Communication Sciences and Disorders
- Communications/Sports Journalism
- Computer and Information Sciences
- Criminal Justice
- Dance
- Digital, Web, and Multimedia Design
- Early Childhood Education*
- Elementary Education*
- Elementary and Special Education* (Dual certification program)
- English*
- Environmental Science
- Exercise Science
- Finance
- General Studies (Transfer only)
- Health Care Management
- Health/Family and Consumer Science*
- Health Promotion for Schools and Communities
- Health Science
- History*
- Marketing
- Mathematics*
- Mathematics and Computer Technology*
- Movement and Sports Studies
- Occupational Therapy
- Physical Education*
- Physical Education and Health/Family and Consumer Science* (Dual certification program)
- Physical Therapy
- Physician Assistant
- Psychology*
- Recreation Management
- Rehabilitation and Disability Studies
- Secondary Education* (Art, Biology, English, History, and Mathematics)
- Sociology
- Special Education*
- Sport Management
- Sports Biology
- Therapeutic Recreation
- Undeclared (First-year only)

Pre-professional Programs

- Pre-dental
- Pre-law
- Pre-medicine

* Programs marked with an asterisk can lead to teacher certification.

Aarin Feliz '19

Physical Education and Health Education Dual Major
New Student Orientation Leader
Resident Assistant

ENGAGED LEARNING FROM INTERNSHIP TO EMPLOYMENT

At Springfield College, we are rightfully proud of the “power and prestige” our degrees hold. To that end, we are honored to have outstanding connections to the businesses, practices, organizations, and institutions at which our students receive practical experience in their fields through coveted internships, clinical placements, and fieldwork. What’s even better is that a high percentage of these internships turn into full-time positions for our students upon graduation. You will be able to take advantage of our professional network before you even graduate.

“As a student, I had three full-time internships at various locations. I currently work at one of the sites where I was placed as a student, which is an absolute dream come true. I never imagined having this opportunity. My first job out of college at Hartford Hospital also was inspired by our first hands-on experiences as mobility volunteers.

“Springfield College fosters a learning environment that provides practical experiences that ensure that we are successful and work-ready clinicians in addition to our academic subject matter.”

Camille Richards '14, DPT'16

Physical Therapy Major
Internships: Weldon Rehabilitation Hospital
and Hartford Hospital
Job: Physical Therapist
Weldon Rehabilitation Hospital, Springfield, Mass.

YOU'LL BE PROUD OF YOUR OUTCOMES.

Not only do we have stellar outcomes related to career and graduate school placement, but our rigorous academic programs prepare our students for certifications and the career-defining exams they'll take. That's why Springfield College is worth the cost, even if it means possibly spending more.

97%

of our 2017-18 bachelor degree recipients are employed or enrolled in graduate school. Our placement rate is 12 percent higher than the national average for similar schools and, on average, higher than other colleges and universities in New England.

Top 5 industries

for 2017-18 bachelor degree recipients:

- Healthcare
- Sports and Fitness
- Education
- Social Services
- Business

100%

Our Physician Assistant program has boasted a perfect pass rate on the first attempt for the Physician Assistant National Certifying Examination in eight of the past 10 years.

AMAZING ACADEMICS WITH ACCOMPLISHED FACULTY

Our academic philosophy is to help students expand their minds and think for themselves. We're striving to provide students with an education that allows them to develop their own opinions, thoughts, and passions about their fields. Education at Springfield College, like everything else, is holistic. Engaging interactions are encouraged within the classrooms, between faculty and students, as well as between students. Rigorous academic offerings and a dedication to discussion and collaboration create individuals who are intellectual, innovative, and not afraid to speak up and be leaders.

YOU'LL BE PROUD OF YOUR FACULTY.

At Springfield College, we aren't shy about touting the impressive work done by our faculty. They are all about the students, and find creative ways to help them learn and develop into leaders who will make a difference in the world. Take a look at the accomplishments of just a few of our talented faculty members.



Kyle Belanger

Kyle Belanger, instructor of communications, scored big during Super Bowl LI as he covered the big game on Radio Row for the third-consecutive year. Belanger worked with national sports marketing firm Antero Sports to produce dozens of segments on national sports shows from coast to coast, and continued his volunteer work with the Wounded Warriors Amputee Football team, which plays in a game that follows the Super Bowl each year.



Samuel Headley, PhD

Addressing real-world problems in order to come up with solutions that make people healthier happens each day at Springfield College. Samuel Headley, PhD, professor of exercise science and sport studies and director of clinical exercise physiology, is doing just that. His research on activity patterns and sedentary behavior of Springfield College employees aligns with our strong focus on health and wellness and will produce actionable items to improve the health of a large population. The best part? Headley worked with many students on this research, allowing them to get hands-on experience and be a part of furthering an important area of study.



Dawn Roberts, PhD, and Kimberly Nowakowski, PT, DPT, MS

Members of our faculty believe that effective learning takes many forms—and isn't limited to the classroom. That's why physical therapy professors Dawn Roberts, PhD, and Kimberly Nowakowski, PT, DPT, MS, have taken some of their students on global health service trips to volunteer in clinics where patients in Haiti and Trinidad and Tobago are in need of physical and occupational therapy services. Our students gain an understanding of global health issues and put their academic classroom knowledge to the literal test. Learning on the international stage is just one way our students benefit from the Springfield College experience.

85%

of our full-time faculty members have earned the highest degrees attainable in their areas of expertise.

70%

of our full-time faculty members hold doctoral degrees.

100%

of our full-time coaches are teacher-coaches.

LEARN TO SERVE AND LEAD THE WAY

The value of your Springfield College education will be reflected in far more than your GPA. The quality of life that you will build will make your education one that rewards you—and those whose lives you touch—throughout your lifetime. We educate our students in spirit, mind, and body, for leadership in service to others, which goes to show that not all colleges are the same. That is more than a mission to us: it's a way of life. Volunteerism and service are integrated into our curriculum through internships with schools and nonprofit organizations.

“Springfield College encourages active participation in leadership and community engagement, all providing eye-opening and life-changing experiences.

“The occupational therapy program incorporates service learning opportunities for students to deepen their understanding, their confidence in their skills and ability, and eases nerves students might have when working with clients. These experiences are obtained through helping out the community. I can say with full confidence that Springfield College has equipped me to be an impactful student, leader, and future occupational therapist.”



YOU'LL BE PROUD OF YOUR SERVICE.

Our dedication to service is no joke. We received the 2016 Presidential Award in the education category of the President's Higher Education Community Service Honor Roll. This honor is the highest federal recognition a college or university can receive for its commitment to volunteering, service-learning, and civic engagement.

Here are just a few examples of how we serve our community.

Team IMPACT

To date, Springfield College has had 15 of its athletic programs partner with Team IMPACT, a national nonprofit that connects children facing serious and chronic illnesses to local college athletic teams.

Stroke Therapy Group

Coordinated by the Department of Physical Therapy, physical and occupational therapy students work with members of the community who have experienced a stroke.

Physical Education Program for Home-schooled Children

Our Department of Physical Education and Health Education faculty and students created and host a program that provides home-schooled students with physical education courses at the College.

Partners Program

A student-led initiative that pairs participating Springfield College students with a local elementary school youth one day per week for several hours to work on academic achievement and participate in recreational or arts-related activities on the Springfield College campus.

Ciara McCready

Health Science/Occupational Therapy Major
Together Campaign

BLAST (Brookings Learning and Success Team)
After School Program Site Leader

Alternative Spring Break Program Co-chair
2016-17 Youth Empowerment to Haiti

FROM MENTORSHIP TO OPPORTUNITY

“I wanted to learn how to make a difference in the community around me using practical business techniques. The different programs that were offered by the business department, and the way the institution involved the community and immersed students in the different businesses within it, attracted me.

“As a volleyball player, my schedule didn’t allow me to complete a formal internship during the school year. Instead, I had the opportunity to serve on the NCAA National Student-Athlete Advisory Committee. Serving on this committee gave me insight to the inner workings of each facet of the NCAA national office. I gained valuable experience in professional networking, collaboration, and understanding different management styles, which directly influenced my decision to pursue the NCAA postgraduate internship.”



YOU’LL BE PROUD OF YOUR CONNECTIONS.

Springfield College students benefit throughout their journeys from the attention of some very interested and active people—a network of faculty, professional, and alumni connections—who are committed to helping you make your way in your career.

Greg Woods left a family football dynasty to play volleyball when, in high school, a local coach challenged him to be better. Likewise, when Woods arrived at Springfield College, the men’s volleyball coach saw something in him and pushed him to keep a spot on the championship team.

From your teacher-coaches who will encourage and motivate you like they do for student-athletes like Greg Woods, to administrators like Executive Director of Athletics Craig Poisson, who encouraged Woods to apply to the NCAA student-athlete advisory committee, leading to a coveted NCAA post-graduate internship, there is a team of individuals who have your back as you make your way through college and out into the world.

Greg Woods ’16, G’17

Business Management Major
Master of Business Administration
Men’s Volleyball Team
Student Society for Bridging Diversity
NCAA Division III Student-Athlete Advisory Committee
NCAA Postgraduate Internship, Indianapolis

PLAY HARDER

Whether you want intense athletic competition or a friendly recreational game, you will find it at Springfield College. About 80 percent of our students participate in athletics through varsity, intramural, and club sports. So, you'll almost always find a way to play and get a good workout.

The serious athlete has 26 Division III teams available, many of them conference champions and nationally ranked. Springfield College has produced Olympic champions, National Football League executives, leaders in the field of strength and conditioning, and national and international coaching legends.

NCAA DIVISION III ATHLETICS

- Baseball
- Men's Basketball
- Women's Basketball
- Men's Cross Country
- Women's Cross Country
- Field Hockey
- Football
- Golf
- Men's Gymnastics
- Women's Gymnastics
- Men's Lacrosse
- Women's Lacrosse
- Men's Soccer
- Women's Soccer
- Softball
- Men's Swimming and Diving
- Women's Swimming and Diving
- Men's Tennis
- Women's Tennis
- Men's Track and Field (indoor and outdoor)
- Women's Track and Field (indoor and outdoor)
- Men's Volleyball
- Women's Volleyball
- Wrestling

CLUB SPORTS (Coed unless noted)

- Cheerleading
- Climbing
- Crew
- Equestrian
- Figure Skating
- Gymnastics
- Men's Ice Hockey
- Men's Rugby
- Paintball
- Pride Dance Team
- Ski and Snowboarding
- Team Iron Sports
- Ultimate Frisbee
- Women's Ice Hockey
- Women's Rugby

INTRAMURAL SPORTS (sample of programs)

- Basketball
- Bowling
- Dodgeball
- Flag Football
- Floor Hockey
- Indoor and Outdoor Soccer
- March Madness Pick'em
- NFL Pick'em
- Softball
- Table Tennis
- Ultimate Frisbee
- Volleyball

YOU'LL BE PROUD OF THE PRIDE.

Our student-athletes excel in the classroom, display the focus and drive on the field, and serve as leaders in the community. Here are some of the ways they make a positive difference for themselves and others:

157 student-athletes earned Academic All-Conference honors in 2018-19, including **54** student-athletes who recorded a perfect **4.0 GPA** in the 2019 spring semester.

In 2018-19, Springfield College had **25** student-athletes earn All-America honors and **81** student-athletes were selected to All-Conference teams.

Springfield College Athletics finished **38th** nationally in the final overall standings of the 2018-19 Division III Learfield Directors' Cup, marking the 11th time in the last 12 years the Pride has ranked in the **top 10 percent of the 450 Division III athletic programs** in the country.

In 2019, for the **third-consecutive year**, a Springfield College student-athlete was chosen to participate in the **NCAA Division III Student Immersion Program** in conjunction with the NCAA Convention.

Springfield College earned honorable mention recognition for the NCAA and Minority Opportunities Athletic Association **2019 Award for Diversity and Inclusion**.



GET INVOLVED

Our Humanics philosophy means a well-rounded education and a great experience outside the classroom, too. To balance out their studies, students take advantage of the many clubs and organizations available on the campus.

GOVERNANCE

- Class Boards
- Graduate Student Organization
- Residence Hall Councils
- Student Government Association

ACADEMIC INTEREST

- Applied Exercise Science Club
- Art Club
- Athletic Training Club
- Communication Disorders Club
- Health Science Club
- History Club
- Math Club
- Music Club
- Nutrition Club
- Physical Education Health Education Majors Club

- Physician Assistant Student Organization
- Psychology Club
- Recreation Management Club
- Scientists Embracing Equality and Diversity
- Springfield College Business Club
- Springfield College Dancers
- Sport Management Club
- Student Occupational Therapy Association
- Student Physical Therapy Organization
- YMCA Club

SPECIAL INTEREST

- Active Minds
- Automotive Club
- Best Buddies
- Fellowship of Christian Athletes
- Habitat for Humanity

- Hammock Club
- Humanics in Action Club
- International Student Organization
- Men of Excellence
- Photography Club
- Project Sustainability
- SC Gender and Sexuality Club
- SC Outing Club
- SC Rachel's Challenge
- Special Olympics
- Springfield College Outreach Committee
- Step Sisters
- Student Society for Bridging Diversity
- Students Against Violence Everywhere
- Together Campaign
- Vocal Pride

SPECIAL EVENTS

- Best of Broadway
- Campus Activities Board
- Leadership Training Conference
- Pre-Camp
- SC Backstage
- Sti-Yu-Ka Committee

STUDENT SERVICE GROUPS

- New Student Orientation leaders
- Student Advocates for Wellness
- Student Alumni Association
- Student Ambassadors (Admissions tour guides)

CAMPUS MEDIA AND PUBLICATIONS

- *Massasoit Yearbook*
- Springfield College TV3
- *The Springfield Student* newspaper
- WSCB 89.9 FM radio

YOU'LL BE PROUD OF OUR GUEST SPEAKERS.

Education doesn't just occur in the classroom. We host internationally known speakers, writers, musicians, and philanthropists on campus to share their stories with our students, and help us all to think a little bigger.

Recently, we've welcomed best-selling *Tuesdays with Morrie* author Mitch Albom, Grammy award-winning singer and activist Angelique Kidjo, widely-renowned author Sherman Alexie, and paleoanthropologist Richard Leakey as part of our Arts and Humanities Speaker Series.

Events like this happen regularly and we encourage students to attend, ask questions, be immersed in the event, and leave with an even better understanding of the world around them. Or, as we like to call it, a typical Wednesday night.

Here are some other guests we've welcomed to campus:

Women's basketball legend **Rebecca Lobo** and *Sports Illustrated* senior writer **Steve Rushin**

Kevin Pearce, former pro snowboarder, motivational speaker, and co-founder of the LoveYourBrain Foundation

Gary Taubes, journalist and nutrition expert

Alexander Wolff, senior writer for *Sports Illustrated* and author of the book *The Audacity of Hoop: Basketball and the Age of Obama*



Share our traditions with first-years and transfers as a New Student Orientation Leader.



Be inspired by one of the internationally known speakers who come to our campus.



Build your community with Habitat for Humanity.

Get a jump on developing leadership skills in the Y Club.



IT'S BEAUTIFUL HERE JUST ASK EXPEDIA.

YOU'LL BE PROUD OF YOUR COMMUNITY.

You'll find a lot to do in and around Springfield. In the Pioneer Valley and all of western Massachusetts, you can explore the arts, the outdoors, dining, nightlife, and family fun. Discover numerous arts and cultural festivals, distinctive museums, and many musical and theatrical venues.

You'll have opportunities to enjoy recreational and leisure activities. Hike nearby mountains such as Mount Holyoke and Mount Tom. Ski or snowboard at many major ski resorts that are within an hour or two drive from the campus.

Basketball's most complete library, the Naismith Memorial Basketball Hall of Fame, is located in Springfield. Not far from campus is New England's largest and most popular amusement park, Six Flags® New England. And, you can explore the Amazing World of Dr. Seuss Museum, honoring the life and work of Springfield's native son Theodor Seuss Geisel.

The College is 30 minutes from Hartford, Conn., 45 minutes from the Berkshire Mountains, within an 1 1/2 hour drive of Boston and Albany, and 2 1/2 hours from New York City.

The average temperatures for Springfield are 70 degrees Fahrenheit in the summer and 40 degrees Fahrenheit in the winter.

Expediacom has confirmed a truth that Springfield College students, alumni, and neighbors have been touting for years—our campus is beautiful!

In a recent Expediacom travel blog post titled "15 of the most beautiful college campuses," Springfield College was listed among such beautiful and prestigious institutions as Tulane University, University of Washington, and Ohio University.

As Expediacom criteria for the impressive list states, "beauty" means more than stunning scenery and pretty buildings. Sure, we have those. However, we also rated very high in the critical areas of beyond the books, school spirit, community outreach, and local vibes.



BEST VALUE FOR THE BEST EDUCATION

Springfield College was ranked for the third-consecutive year as a Best Value School by *U.S. News and World Report* thanks to our high-quality educational offerings and low cost.

100%

of new incoming students at Springfield College receive financial aid.

\$33,000

Average financial aid award at Springfield College

100% of students who complete FASFA are awarded financial aid.

15 Number of consecutive years the cost of tuition at Springfield College has remained well below the national average compared to similar private colleges.

Students from all over the country and across the globe have made an investment for their futures at Springfield College. We will not let them down, and we will not let you down either.

Want to learn more?
Visit springfield.edu/financialaid
or call (413) 748-3108.

APPLY ONLINE

Visit springfield.edu and click on "apply now."

For more information, contact us at
(800) 343-1257 or (413) 748-3136 or
admissions@springfield.edu.

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 Springfield College

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