



SUPPORTING MUSLIM STUDENTS DURING *Ramadan*

RAMADAN 2024 | MARCH 10–APRIL 9*

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Did you know?

Ramadan will fall within the academic school year for the next two decades!

What Some Muslims Do During Ramadan

- **Fasting:** For self-discipline, compassion, and God consciousness—no food or drink (not even water), sexual relations, or smoking between dawn and sunset
- **Spirituality and Worship:** Prayer, reflection, contemplation, and recitation of the Quran
- **Charity and Community:** Acts of charity (zakat), feeding other fasting people or the less fortunate, communal iftars (breaking of the fast)

Key Terms

- **Ramadan** – commemorates the revelation of the Quran
- **Suhoor** – predawn meal
- **Iftar** – meal to break fast
- **Salah** – prayer
- **Night of Qadr** – a night of prayer, usually the 27th of Ramadan though some celebrate on the 23rd or 25th
- **Tarawih** – a series of night prayers only offered during Ramadan
- **Eid al fitr** – Festival of Breaking the Fast, which takes place at the end of the lunar month of Ramadan

A Day in the Life of a Fasting Student*

3:30 a.m.: suhoor, predawn meal

4:30 a.m.: fajr, morning prayer

8 p.m.: maghrib and iftar, prayer and meal to break fast

10 p.m.–midnight: tarawih, congregational prayers reciting the entire Quran during the month of Ramadan

**Times change based upon geographic location and legal school*

What You Need to Know to Support Muslim Students This Ramadan

Food Availability

- Observing students with a meal plan who are interested in dining accommodations during Ramadan, please email housing@umb.edu by Sunday, March 3, 2024

Academics

- Extensions during times of late-night prayers (especially during last nights of Ramadan)
- Reasonable accommodations for exams, and field trips, given the difficulties of a changed schedule and eating habits
- Efforts to minimize student stress

Living on Campus

- Understanding of Ramadan as a time of spiritual cleansing and reflection
- Altered schedule may impact neighbors

Prayer Times

- Many students are more observant during Ramadan.
- In addition to accommodations for regular prayers, it may be necessary to grant permission for students to leave class or turn off cameras and mute to pray (10 minutes) or break their fast.
- Be mindful of evening programs conflicting with worship.

Increase Awareness About Safety

- Due to increased visibility for Muslims during Ramadan, this time can also bring an increase in Islamophobia and anti-Muslim hate crimes.
- More Muslim students will be out late at night due to prayers.
- Increase information about personal safety resources. Refer students to umb.edu/police/contact for information about contacting the UMass Boston Police.
- We encourage anyone who has been subjected to hateful speech or actions to report it to the Office of Civil Rights and Title IX or to make a referral or report through the Dean of Students Office at umb.edu/maxient.

Compassion, Acknowledgment, and Cognizance

- Acknowledge Ramadan and Eid; wish students well. (It is appropriate to say *Ramadan Mubarak*, which translates to “Happy Ramadan.”)
- Cultivate a spirit of appreciation and respect for this holy time and the efforts of the Muslim community.
- Check on students’ mental health and overall well-being. Any student in distress may be referred to the Counseling Center 24/7 at 617.287.5690, Dean of Students at umb.edu/deanofstudents for support, or the Interfaith Campus Ministry at Valeria.Schmidt@umb.edu.

While on-campus, the Sacred Prayer Space in the McCormack Building third floor is open during regular university hours. The Muslim Student Association can be reached at msa.umb@gmail.com. Questions can also be directed to Student Multicultural Affairs at mc.affairs@umb.edu and the Interfaith Campus Ministry at interfaith.campusmin@umb.edu.

This resource was based on *What Community Should Feel Like* first published by the Islamic Center at New York University. It is meant to be an educational starting place on Ramadan. It is not a definitive guide, nor is it meant to represent all traditions and practices.



Division of Student Affairs