A MESSAGE FROM THE DIRECTOR

Welcome to a new year to our extended Residence Life family! I am meeting our new students, and renewing acquaintances with those that are returning.

Residential Community Life hopes you will find the information we provide for families useful. We will post material we believe you need to assist your student, from adjusting to college life through room selection for the following school year. We will provide information to you as we go through the fall and spring semesters as your student enters the cycle of each process. For example, we have a break soon, and some of our students will begin to experience homesickness. As we approach the end of the fall semester, our students will enter a mid-year housing process that accommodates students' requests for assignment changes for the spring semester. In each newsletter we will highlight the process, and give you helpful tips to share with your student.

Anytime you have specific questions, please feel free to visit our Oneonta website http://www.oneonta.edu/development/reslife/parents.asp to find contact information for your student's Residence Hall Director or Central Staff in our main office. I look forward to a successful year.

Sincerely,

Michele Luettger, Director
Residential Community Life

RA SELECTION

The Office of Residential Community Life will begin their search for new Resident Advisors in October! An RA is a student leader who lives in the residence halls and is a role model, community builder, programmer, campus resource, disciplinarian, or just a listening ear. As an RA, your student has the opportunity to learn skills such as conflict mediation, team building, communication, budget management, and more. Being an RA is an excellent addition to any resume.

The deadline to apply for a spring position is Friday, October 17th. Encourage your student to speak with their Residence Hall Director for more details.
HOMESICKNESS

At the time you will be reading this about six weeks have passed in the semester. That is just about the time many students begin to struggle with homesickness.

This six week point is very critical for your student. This is usually the time when they either begin to enjoy their independence or struggle with being away from home. This is difficult to deal with for many parents.

A typical instinct as a parent is to bring your student home so they feel safe and secure. Once your student begins coming home every weekend, they will begin to miss opportunities to connect to SUNY Oneonta and with others in their residence hall.

Our staff at SUNY Oneonta has put together a list of suggestions for you to use to help your student feel more at home in their new environment.

Encourage your student to call home, but limit the number. Try to limit a call to once a day, and keep the conversation positive. Setting up weekly phone dates is a helpful hint!

Encourage your student to visit home -- once. Visiting home can be a great way for them to recharge and get some of that TLC (not to mention home cooking) they need. However, being home too frequently can increase homesickness. There are always fun activities happening on or around campus on the weekends!

Encourage your student to hang out with their college friends. Sometimes, an evening of movies, bowling, or dinner with college friends can do wonders for homesickness. It can take their mind off of things back home, help them relax and have a good time, and reinforce relationships that will make their school feel like a home away from home.

Encourage your student to get out of their room. It's easy to hide in a room in college, but by doing so prevents students from meeting new people, trying new things, and experiencing college life in general. There are over 100 clubs and organizations on campus, intramural teams, residence hall programs, campus activities, Student Association, and much more! Each residence hall also has a Hall Government that welcomes ANY student to attend and help plan activities and programs for the rest of the students in their hall.

Talk to a Resident Advisor (RA) or Residence Hall Director (RHD). These are people who can help students adjust to college, and encourage them to get involved.

Above are just a few ideas on how to deal with homesickness. These few tips will not only help your student adjust to college life, but will also help you, as a parent, help your student as well.

HEALTH AND WELLNESS - FLU SEASON

It is easy to share and spread illness during the upcoming cold and flu season.

Keep those hands clean! Washing hands thoroughly is one of the best defenses against infection. Hand Sanitizer dispensers are also found in many public places all across campus.

Eat a well-balanced diet. Is your student getting their necessary intake of vitamins and minerals and other essentials to maintain a healthy body? Encourage your student to eat regularly and choose healthy choices at the dining halls.

Sleep! Many students forget to get a good night's sleep. Sometimes it's due to studying, other times it's socially related. Either way, it is important to remind them to get a good night's rest!

Keep their living space clean. General cleaning and sanitizing can also help keep the students living spaces healthy. Bathrooms are cleaned and sanitized on a regular basis. Students can also help themselves by wiping down their belongings, furniture and other surface areas in their rooms to help kill any unwanted germs. Personal garbage should be removed from rooms by the students on a regular basis.

The Health and Wellness Center on campus offers a wide variety of care for our students. For more information, please feel free to visit their website at http://www.oneonta.edu/development/health/
MAIL SERVICES

All in coming residence hall mail gets delivered through an outsourced local company that delivers directly from USPS to each of the residence halls. This method includes packages mailed through the USPS. However, packages that require a signature (including FedEx and UPS) are delivered to the Shipping Room in the Hunt Union. Your student will receive an email notifying them they have a package to pick up.

In each residence hall, staff sorts mail into individual mailboxes. When your student arrived on campus, they received their mailbox number. Students should keep friends, family, and personal accounts up to date with current residence hall information to ensure correct delivery. Each residence hall on campus has their own 4 digit zip code - a complete list of the zip codes can be found online under the Mail Services website.

HOMECOMING & FAMILY WEEKEND

Homecoming and Family Weekend is always an exciting event happening in the Fall Semester. This year it is scheduled October 24-25. It's a wonderful time to revisit campus, see how the students are doing, and enjoy all that autumn in Oneonta has to offer. The weekend caps a week of on campus Homecoming activities and includes various entertainment, as well as family, and educational activities which can all be viewed on the schedule page.

To send mail to your student, use the format below:

Student Name
SUNY College at Oneonta
Mailbox #, Residence Hall
Oneonta, NY 13820

*To promote security of student mail, encourage your student not to share their mailbox combination and be sure it is locked.

To go to
www.oneontaalumni.com to check the schedule of events.
Students have basic needs which affect their ability to succeed and develop at SUNY Oneonta. They need an environment conducive to healthy living and learning. They need a sense of safety and security within the student community. They need to learn life skills to complement their academic progress and assist them in becoming well-balanced individuals. They need opportunities and encouragement to grow.

Everything we do in Residence Life relates to students and our goal to respond to their basic needs. Residence Life maintenance and custodial efforts, food service, hall facilities (i.e. laundry, vending machines, desk operations), grounds maintenance and building renovations are all responses to a student’s need for an environment conducive to living and learning. The hall and university policies, emergency procedures and resources, conduct system and hall staff coverage of buildings respond to the safety and security needs by providing a structure for the living environment. Hall Governments and committees, corridor meetings, intramurals and hall/campus activities provide opportunities to satisfy a student’s desire to become involved in the community. Programming in the hall or on campus involves many of the life skills students need to develop, (i.e. communication, career development, research, time management or relating to others.) Personal growth opportunities are also provided in hall and campus programming as well as through the many resource centers on campus.

Our hours of operation are Monday through Friday, 8am-4:30pm.