A Message from the Director

Welcome to a new year to our extended Residence Life family! I look forward to 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, right now we are busy in the de-tripling process for our students, so there is an article in this newsletter for you on this subject. 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 much more! Being an RA is an awesome addition to any resume!

There will be two interest meetings held on Tuesday October 22 at 9pm in the IRC 2 and on Thursday October 20 at 9pm in the Instructional Resource Center, Lecture Hall 5. Encourage your student to check it out!

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Homesickness

At the time you will be reading this, about six weeks have passed in the semester and that is right around the time when a lot of students begin to struggle with homesickness. This six week point is very critical for your student. This is usually the time where they either will begin to excel at being away from home or start to want to be home more and struggle with being away. For many parents this is the hardest thing to deal with; when your child calls and says that they miss home and want to come home. As a parent, this is difficult because your first instinct is to want to come and take your student home to where they feel safe and secure. This is a typical response to a homesick student, but once your student begins coming home every weekend, they are losing out on the amazing offerings we have here at SUNY Oneonta. They also will begin to miss opportunities in their residence hall home as well as with their roommates. In order to help parents navigate this tricky situation, our staff at SUNY Oneonta have put together a list of things your student can do to feel more at home on campus.

Encourage your student to call home, but the key factor, however, is not to have them call home all of the time. Try not to talk to them more than 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) that you both need. But going home too often can frequently make homesickness worse. Make sure they visit, but also make sure it doesn’t turn into an every-weekend occurrence. 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, can help them relax and have a good time, and can 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 incredibly easy to hide in their room in college. But doing so prevents them from meeting new people, trying new things, and experiencing college life in general. There are over 100 clubs and organizations on campus, athletic teams, intramural teams, residence hall programs, campus activities, Student Association, and much more! There are also plenty of places to study on campus outside of the residence hall such as the library, coffee shops, college union, computer labs, etc.

Talk to a Resident Advisor (RA) or Residence Hall Director (RHD). These are people who are specifically trained to help students adjust to college. The RA’s and RHD are given specific training on what to do with homesick students and how to help them adjust to college life.

Above are just a few ideas on how to deal with a home sick student. Knowing these few tips will not only help your student adjust to college life, but will also help you as the parents help your student adjust to college.

Fire Safety

As the seasons for decorating quickly falls upon us, we would like to let you know about some items that are not allowed in the residence halls as they have proven in the past to pose some safety concerns. We have provided a list of restricted items as well as other safe alternative decorating ideas.

Items not permitted in the residence hall:
- Candles
- String lights
- Straw/hay bales
- Door coverings
- Curtains
- Wall tapestries

Recommended Alternatives:
- Reed diffusers or flameless candles
- String lights are permitted ONLY from November 24 and December 20
- Silk flowers/ leaves
- Decorate a floor bulletin board with staff permission
- Curtains must be flame retardant and RD must have paperwork on file.
Mail Services

All regular incoming mail that is sent to campus is routed through our campus mailroom. The mailroom makes deliveries to each of the residence halls and departments on campus every weekday. This method includes most packages however packages that require a signature are delivered to the Shipping Room in the Hunt Union where your student will receive an email stating they have a package to pick up (the Shipping Room also offers a ton of other services for students!). In each residence hall, the RA staff and office assistant sort the mail into student’s 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. Mailboxes are combination locked*. Each residence hall on campus has their own 4 digit zip code-make sure to ask your student what this number is, or a complete list of the zip codes can be found online under the Mail Services website. To send mail to your student, use the format below:

- Student Name
- SUNY College at Oneonta
- Box or Room #, 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.

Homecoming & Family Weekend

Homecoming and Family Weekend is always an exciting event happening in the Fall Semester. This year, Homecoming and Family Weekend was September 20-22. There were a ton of events happening on our campus that helped to make for a very fun and successful family weekend!

Go to www.oneontaalumni.com to check out all that went on during homecoming and family weekend!
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.

When Will I be De Tripled?

One of the most common questions a double style building Residence Hall Director receives is, “When will I be de-tripled?”

Q: How much longer will students be living in a triple?
A: We have been steadily de-tripling students since the Residence Halls were opened in August. Our goal is to finish this task by the beginning of the Spring semester.

Q: How do spaces become available for de-tripling?
A: Some students graduate, go on internships, study abroad, student teach, or transfer to a different college. We use the spaces left vacant by these students to de-triple.

Q: What if students are offered a permanent space and do not want to de-triple?
A: A student may choose to remain in a triple. If all occupants agree to stay, the discounted triple rate is no longer offered.

Q: Who do students speak to regarding their triple situation?
A: Students should speak to their Residence Hall Director, whose office is located in the main lobby of each residence hall. They will be able to answer additional questions that your student may have.