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
Home Sickness

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

This 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 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.

A Message from our Counseling Center: If your student seems to be having trouble making friends, adjusting to college, or you suspect they are homesick, suggest they try the Counseling Center’s College Life Adjustment Group. They can join by calling 607-436-3368.
Who are the students that help your students navigate through the College? We select and train several dozen student mentors of many types throughout our campus. They work with Residence Life, New Student Services and Academic Advisement during the course of the academic year to assist your students in social and academic areas.

Resident Advisors- upperclassmen who live in the residence halls on floors with students. Our RA to student ratio is 1:29. They assist students with developmental, community, and social needs throughout the year.

Resident Community Advisors- live in the First Year Experience and Transfer Living Communities to assist with developing building wide community.

Academic Team Members – upperclassmen who serve students in the Academic Advisement Office and do outreach programs and appointments with students in the residence halls on academic and registration advisement and concerns.

Transfer Student Mentors - The Transfer Student Mentors (TSMs) are current student leaders who transferred to SUNY Oneonta and want to make a positive impact on the newest group of transfer students. Specifically, the TSMs work with the transfer students living in the Transfer Living Community of Hays Hall.

Very Influential Peers (VIPS) – The Very Influential Peers are peer mentors for freshmen students. Primarily, the VIPs assist with the College Life course as well as implement programs for new students. Additionally, the VIPs connect with students via email to provide another form of support as freshmen navigate their first year at SUNY Oneonta.

Each spring term we accept new applications for these positions. Please encourage your student to think about joining the team!
Residential Community Life Staff:

Office of Residential Community Life
106 Wilsbach Hall
Oneonta, NY 13820
Phone: 607-436-2514

Director - Michele Luettger
Associate Director - Christine Edwards
Assistant Director - Mike Farmer
Assistant Director - Anne Everett

Residence Hall Directors
Blodgett Hall - Amanda Boyd
Curtis Hall - Jestina Drysdale
Ford Hall - Drew Spriggs
Golding Hall - Mitchell Kenigsberg
Grant Hall - Leslie Kintner
Hays Hall - LeAnn Pratt
Higgins Hall - Andrew Bradfield
Hulbert Hall - Jennifer Mahar
Huntington Hall - Brad Veach
Littell Hall - Michelle Hansen
Macduff Hall - Robert McCaffery
Matteson Hall - Sarah Brown
Sherman Hall - Erica Faulkner
Tobey Hall - Shannon Marlow
Wilber Hall - Jessica Roman

Mission Statement:
The Office of Residential Community Life supports the educational mission of the College by providing opportunities and experiences for learning outside the classroom. We challenge and support students in leadership development, community service, civic engagement, and embracing diversity/inclusion. To meet the changing needs of students, we continually assess our policies and procedures, facilities, services, and standards. We strive to develop a sense of belonging and respect within our residential community.
Family Weekend is always an exciting event happening in the Fall Semester. This year it is scheduled September 23-25. 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 activities and includes various entertainment, as well as family, and educational activities which can all be viewed on the schedule page.

Go to:
http://www.oneonta.edu/development/huntunion/familyweekend.asp

Meet Maggie Ostrander

Often when you call the Residence Life Office you will hear someone say, “Hello, Residence Life Office, Maggie speaking.”

You will find yourself making friends with Maggie Ostrander, who usually can get you the answer you are looking for, or connect you with someone who can. She’s that sympathetic ear that most parents need to hear when they are troubled about their student, or just have an operational question.

We are very proud to announce that Maggie was the recipient of the 2016 Francis Daley Outstanding Service Award for outstanding service and contribution to the Division of Student Development. Congratulations Maggie!!

First College Break Coming Up!

The College closes after the last class on Friday, October 7th. Classes will resume on Wednesday, October 12th. While the residence halls will remain open, this is wonderful mid-semester break for students to get away and refreshed before mid-term exams begin in mid-October. And don’t forget this is a great time to exchange summertime clothing for wintertime at this point!

The Thanksgiving break begins after classes on Tuesday, November 22nd. Classes resume on Monday, November 28th. Residence Halls WILL close for this break.

The residence halls close for the semester on Wednesday, December 21 at 9:00 am.
New Upgrades To Residence Halls!

This summer a large project was completed in Ford, Hays, Huntington, and Sherman Halls. New fitness centers and kitchens were designed and built for students of these residence halls. These new upgrades are open 24/7 for student use, and are supported by card access security. Adjacent to the new kitchens and fitness centers are new computer and study facilities as well.

Programming Fun Fact:

Did you know our staff has facilitated over 240 educational and community development programs in the residence halls since August 24th?
Mail in the Residence Halls:

All incoming residence hall mail gets picked up at our local USPS Office and delivered to each of the residence halls, Monday through Friday. This method includes packages mailed through the USPS. However, packages that require a signature (including Fed EX 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 at the Hunt Union (Student ID required). In each residence hall, staff sorts mail into individual mailboxes. When your student arrives on campus, they receive their mailbox number. Students should keep friends, family, and personal accounts up to date with current residence hall information to ensure correct delivery.

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

Student Name  
SUNY Oneonta  
Mailbox #, Residence Hall  
108 Ravine Parkway  
Oneonta, NY 13820

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

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Outdoor Adventure Program

Adventure is the name of the game when you come to Oneonta.

Sponsored by the Office of Residential Community Life, the Outdoor Adventure Program offers different trips and activities every weekend school is in session through either the Outdoor Adventure Club, on campus or at our College Camp. Whether you enjoy paddling, hiking, whale watching, rock climbing, winter sports or more, there’s something for you.

Trips fill quickly so we encourage you to register for our listserv. This will ensure that all the necessary information goes directly to your preferred e-mail account.

You can join the email listserv as soon as you arrive on campus. If you have any questions before then, feel free to contact our office at: (607) 436-3455 or by e-mailing: snapper.petta@oneonta.edu
Hall Government Retreat:

RSO (Resident Student Organization) hosted the bi-annual Hall Government retreat for each hall government. A hall government exists in every residence hall on campus and joining hall government is easy and open to everyone living in a residence hall. Hall Government helps promote and foster leadership development and is an easy way for residents to get involved without having to even leave their home! Hall Government helps promote ideas across campus and offers programming to residents in the halls along with assisting residents during final exams with the famous ‘Finals Food’, where each Hall Government serves residents a break and food to help everyone get through the final exam period. The Hall Government retreat helps Hall Governments learn more about their role on campus.

Coming Attractions

SUNY Oneonta Residential Community Life is proud to announce that we will be hosting the 2016 NEACURH Regional Leadership Conference November 4-6th this semester!

NEACURH is the Northeast Affiliate of College and University Residence Halls. It is one of the eight regional affiliates of NACURH, Inc, the largest student run organization in the world. NEACURH and NACURH are organizations dedicated to improving the quality of life for all students living in residence halls. The region is led by an elected Regional Board of Directors, who works to bring resources and opportunities to the members of the region through conferences, virtual chats, and service projects.

NEACURH is built of student leaders who participate in sharing resources and ideas by attending two regional and the NACURH Annual conferences, and communicating with one another through extensive networks, such as email listservs and social networking sites. NEACURH currently represents over 65 member schools. As an organization, they focus on five aspects of residence hall living: Programming, Leadership, Recognition, Communication, and Inclusivity.

SUNY Oneonta has been honored to host the Regional Leadership Conference three times. First in 2006, again in 2010, and now in 2016.