

# The Freshman Essentials

September 2012



**Dear Parents,**

On behalf of the University and the Student Affairs Division, we welcome you as members of the Roger Williams University community. This is both an exciting and anxious station in life for students and parents alike, and our Orientation programs and materials are developed with that in mind. While we will present a lot of information in person during your visit to campus, the deans and directors in Student Affairs have carefully selected key information and resources that will continue to be helpful for years to come. It is equally if not more important that your student become self-reliant in problem solving and accessing services on campus, and our professional staff, systems and policies are in place to reinforce that important developmental goal.

In some respects, the relationship that you have with your student begins an awkward but necessary transition similar to effective teaching dynamics – from *sage on the stage* to *guide on the side*. We look forward to your student's academic and personal development as a member of our University community, welcome your visits to campus and value your continued support and love for your son or daughter.

A handwritten signature in black ink that reads "John J. King". The signature is fluid and cursive.

Dr. John J. King, Vice President of Student Affairs

## OUR PHILOSOPHY

In an effort to assist students in becoming active and engaged scholars, we promote student learning both in and out of the classroom. Students who are active in our campus community, in both curricular and co-curricular activities, learn, grow and mature more profoundly. We are committed to enriching the learning experience with opportunities and challenges that will prepare our students for their role in an interdependent community. To this end, we see the value in students grappling with adversity as they navigate new waters and explore new terrain. Our professional staff is committed to fostering a supportive, learning-centered environment that aids students in their growth as they learn to thrive within a community. Our aim is to coach students in problem solving and thus taking control of their lives to reap the natural benefits and fulfillment that come with employing self-advocacy skills. Ultimately, we are most proud when our students graduate as active learners who are well positioned to succeed as engaged citizens.

## A letter from the student body president



Hello, I'm Ryan Freed, a senior studying Legal Studies and Political Science. I'm also your Student Body President.

I wanted to take this opportunity to congratulate you on your acceptance to the University, and to welcome you to the campus!

I hope that your Roger Williams University experience is as exciting and beneficial as mine has been. In addition to the academic side of Roger Williams, I strongly encourage you to get involved in the many clubs and organizations on campus. With so many options, getting involved is easy and I guarantee that it will enhance your experience here at RWU!

Please do not hesitate to email me if you have any questions or concerns; I would love to help make your transition into college life as easy as possible. In addition, please feel free to stop by the Student Senate Chambers, located above the Hawks Nest in the Rec Center, for Student Senate Meetings any Monday at 6:30 to catch the latest agenda for upcoming events!

Sincerely,

Ryan

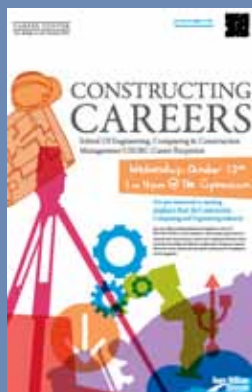
rffreed121@rwu.edu

## THE CAREER CENTER

Welcome to Roger Williams University! If you want to get a jumpstart on success after graduation, you'll want to start building your experience now – and the Career Center is here to help. There are lots of options to get real-world, hands-on experience starting as early as the fall semester.

- **Winter Externship Program:** Open to all majors in all class years, this program is designed to allow you to job shadow professionals in your chosen field in a geographic location of your choice. You can spend up to three days finding out what it's like to be a TV newscaster, school principal, marine biologist, engineer – just about any professional you can think of. These shadows take place during January break so you can arrange for an experience close to home. Watch for emails inviting you to register.
- **Fireside Chats:** As an RWU student you can easily double major, if you start planning for it early on. Learn more about our majors and minors by speaking with a faculty member at a Wednesday afternoon chat in our cozy living room. Learn what it's like to study in a specific discipline and what it takes to be successful from a faculty member's point of view. You'll also hear about where students in these majors complete their internships, get great jobs and attend graduate school.
- **Internships and Co-ops:** To be truly competitive for a successful career after graduation, you need to have related work experience. Gained via summer employment and/or internships, the more experience you can show on your resume, the better. Our Cooperative Education/Internship program provides students with the guidance and education needed to be successful and to earn credits (and in some cases a paycheck) while doing so. To see if your major requires you to have an internship, please visit the Career Center's website at <http://careercenter.rwu.edu>
- **On and Off-campus Employment:** Our on-line job search tool, Hawk's Hunt, can help you find employment to fit your schedule and your skills. And for those students who qualify for Federal Work-Study, the Office of Financial Aid and Planning or the Feinstein Center for Community Service can help you find jobs on campus or with local non-profit organizations.
- **Options Beyond the Career Center:** Everyone at RWU is here to help you succeed – while you are enrolled, and after graduation. Your faculty members are excellent resources – and the Community Partnership Center (CPC) is one of our newest initiatives. Check them out at <http://rwu.edu/about/partnerships-initiatives/cpc> and start thinking about how you can get involved.

As a student at RWU, you have access to a professional career advisor with expertise in your program of study. Stop by the Career Center and meet yours at our Open House on September 24 from 2:00-4:00 p.m. Enjoy Del's Frozen Lemonade, music from WQRI and familiarize yourself with our offerings. When you leave, you'll have a new RWU t-shirt and you'll have made a great connection to your future.



## UNIVERSITY HEALTH SERVICES

At Roger Williams University Health Services, we provide health care, disease prevention and health education for all students. Our staff, an experienced group of nurses, nurse practitioners and doctors, is committed to providing quality care with compassion, professionalism and excellence.

At Health Services, we believe that individuals share the responsibility for their health and well-being. Therefore, part of our mission is to help students know when and how to provide self care, when to seek medical assistance and how to navigate health care systems both on-and off-campus.

To assist in this process, parents and students should ensure that each student:

- Completes and returns a copy of his/her health history/physical/immunization form to Health Services by July 1 <http://healthservices.rwu.edu>
- Carries a copy of his or her private insurance card
- Has been instructed on how and when to use insurance
- Brings basic self-care items to school, such as Tylenol, cold medicines and a thermometer
- Keeps a backup pair of eyeglasses on hand in case the student develops problems with his or her contact lenses or loses a pair of glasses
- Exercises proper nutrition, sleep and hygiene habits
- Visits Health Services if he or she wants to quit smoking or has health-related questions or concerns

Health Services is located on the second floor of the Center for Student Development.

For more information on our services, call (401) 254-3156 or visit <http://healthservices.rwu.edu>

### Immunization Information

The state of Rhode Island requires that all students enrolled at Roger Williams provide proof of a number of immunizations; the state also recommends that students receive a bacterial meningitis vaccination.

As a reminder, July 1 is the deadline for returning health forms and immunizations. (The forms can be downloaded at the Health Services website: <http://healthservices.rwu.edu>) Failure to comply with this requirement will delay the student's ability to obtain a residence hall key and register for classes.

### University Smoking Policy

As you may already know, Roger Williams University is committed to promoting wellness on campus. As of January, 2008, the core of campus is *smoke free both indoors and outside*. For those who wish to smoke, the University has designated 11 smoking areas across campus; campus signs will indicate the locations of these areas, most of which will be covered gazebos. In addition, smoking is permitted in four University parking lots.



**Bacterial Meningitis Vaccines:** Bacterial meningitis is a potentially life-threatening illness that may be prevented with a vaccine. Meningitis is spread through close contact with nasal secretions and saliva. Therefore, young people living in close proximity are at increased risk. Over the past several years, there has been a significant increase in the number of cases of meningitis at colleges and universities across the country. The Rhode Island Department of Health and the American College Health Association recommend that all entering college freshmen receive this vaccine if they have not had it within the last three years.

**HPV Vaccines:** The HPV vaccine is a three-shot series that helps protect an individual against human papilloma virus. This vaccine is highly encouraged for all women and now FDA approved for men.

Meningitis, HPV and other vaccines are available at Health Services for a fee. Contact Health Services to make an appointment or ask any questions.

Flu vaccine is highly recommended and will be available to all students in the Fall.





## WEEKS OF WELCOME

During the first four weeks of the fall semester, Roger Williams University sponsors a series of educational and social programs to help new students adjust to life on campus. These Weeks of Welcome events, known as W.O.W., are designed to introduce new students to each other and to welcome returning students. This year, Weeks of Welcome will kick off with “Play Fair” an interactive event hosted by our Orientation Staff. The event is a fun way for new students to get a chance to reunite with their Orientation Advisors from the summer and to meet other new students. The highlights of W.O.W. include late night socials, trip to Newport, a magician, speakers, and other events to welcome and connect students to campus.

A more detailed schedule of all events for Weeks of Welcome will be made available to all students upon their arrival in August.

## COMMUNITY CONNECTIONS

Roger Williams University has a proud tradition of service. From our core values to daily campus life, members of the RWU family engage in service at a variety of agencies that focus on diverse community needs such as the environment, historic preservation, literacy and social justice.

Your introduction to this tradition of service will take place before you even attend a class. On Aug. 27th, the RWU Class of 2015 will participate in Community Connections, a one-day service event designed to help orient students to the local community and

## THE SOAR LEADERSHIP PROGRAM



For most college students, the chance to develop effective interpersonal skills is just as crucial as earning a solid academic education. At Roger Williams, the Department of Student Programs and Leadership offers the chance to take that one step further by helping students to develop valuable leadership skills through its SOAR Leadership Program.

SOAR is a cohort-based leadership development program designed to refine personal leadership abilities and encourage students to make social change in society. Students from all class years are welcome to apply to the program—applications are available from Student Programs and Leadership, which is located in the Campus Recreation Center.

The program features three levels. The first, Emerge, helps students focus on self exploration and define what congruent, committed leadership actually means. The subsequent levels, Develop and Lead, are designed for upper class students and help to develop a distinct leadership style for use in working in groups and teams and in creating social change in society as active, engaged citizens.

In the Emerge track, students complete an eight week learning experience, which is kicked off by a leadership retreat and culminates in a graduation. Students are encouraged to continue in SOAR.

More information on how to participate in SOAR will be available during Weeks of Welcome and at the Student Involvement Fair. For questions, contact the Department of Student Programs and Leadership at (401) 254-3088.



its needs, as well as assist them in meeting faculty, staff, returning student leaders and fellow classmates. Since 2005, Community Connections has sent more than 7,200 volunteers to more than 100 non-profit agencies in Rhode Island and southeastern Massachusetts to engage in service.

Our commitment to service doesn't end there—RWU students participate in tens of thousands of hours of service each year through nonprofit

internships, community service work study, AmeriCorps programs, academic service-learning experiences and other opportunities coordinated by the Feinstein Center for Service Learning and Civic Engagement. We look forward to all students becoming an important part of this proud tradition!

# WHAT TO DO IN CASE OF AN EMERGENCY



Under the direction of Director Steven M. Melaragno and Associate Director Pamela Moffatt-Limoges, Public Safety is committed to creating a safe and welcoming campus community. Director Melaragno came to Roger Williams University after a 34 year career with the Providence Police Department where

he attained the rank of Major. He was a Community Police District Commander and held command positions in the Administrative and Uniformed Divisions. Associate Director Moffatt-Limoges is a former member of the Rhode Island State Police where she served 22 years and achieved the rank of Detective Lieutenant. Ms. Moffatt is specially trained in areas of domestic violence, sexual assault, and narcotics investigations. She also has served on the Governor's Commission on Prejudice and Bias and the Rhode Island Sex Offender Board of Review.

Roger Williams is dedicated to safeguarding the health and safety of each student. In the event of an emergency, the following procedures are in place:

Students, faculty and staff are urged to report any suspicious activity to:

- Public Safety at (401) 254-3333 or dialing 4357 or "HELP" from a campus phone
- Portsmouth Police Department at 683-1936
- Bristol Police Department at 253-6900

Students may also call the Resident Advisors (RA's) in the dorm they are living in.

## Sound Training, Local Police Support

The Roger Williams Residence Life Staff is thoroughly trained to manage a wide range of emergencies and issues. In addition, the Department of Public Safety has trained EMT's on duty. The University has worked closely with the Bristol Police Department on emergency preparedness for the campus community. And our Public Safety Department has good working relationships with Police and Fire personnel in surrounding communities.

## Notifying Students of an Emergency

The highlight of the University's emergency communications plan is Connect-Ed, a new tool the University has implemented to ensure that its emergency team has a way to communicate instantly with campus community members whose safety might be at risk. The system sends phone, e-mail and text message alerts in real time, so that students, faculty and staff will never be left in the dark when it comes to incidents affecting their safety. Key to this program's success, however, is that students update their contact information via myRWU, the University's online web portal.

Students should regularly check myRWU to ensure that phone numbers and e-mail addresses are up to date so that they'll be alerted by the Connect-Ed broadcast in any emergency.

The University has also installed an outdoor Emergency Siren Warning System (ESWS) on its main campus. The system consists of four strategically placed sirens that will be used to warn the University community in the event of a life threatening-emergency. If a potentially life-threatening emergency is identified where a campus-wide ESWS is deemed necessary, the Department of Public Safety will activate the system. The activation will consist of an alert tone generally followed by a voice message regarding the nature of the emergency. Beyond Connect-Ed and Emergency Siren Warning System, here are additional ways in which we keep our students, faculty and staff informed of developments:

- Post notices in a bright red banner on the front of our website
- Record a message on our campus hotline (254-4400)
- Send an all-campus voicemail message to land lines in student housing and staff offices
- Place ads with the campus radio station and cable TV channel
- Use low-tech communications measures, such as posters on dorms and other buildings
- Develop cell phone contact trees for staff, who will reach others via word-of-mouth

Our campus is compact enough that we can cover it physically rather quickly if we need to reach specific buildings or persons in an emergency.

## Emergency Planning is Continual

In addition, the University continually evaluates and revises the

Roger Williams Emergency Response Plan, which has worked smoothly during the few times it has been activated in the past, typically in coping with power outages, severe weather and to notify students of criminal activity. Even with this detailed planning already in place, we are constantly revising and refining our response plan.

## Remaining Alert

We continue to remind all our students, faculty and staff that the Counseling Center is available to anyone experiencing difficulty or seeking support. And we all need to remember that campus safety depends on each of us: Anyone who witnesses a person exhibiting any unusual or troubling behavior should immediately contact members of our Public Safety department, a Residence Assistant, a member of our campus Counseling Center or any faculty member, staff member or administrator. We guarantee the strictest confidentiality.

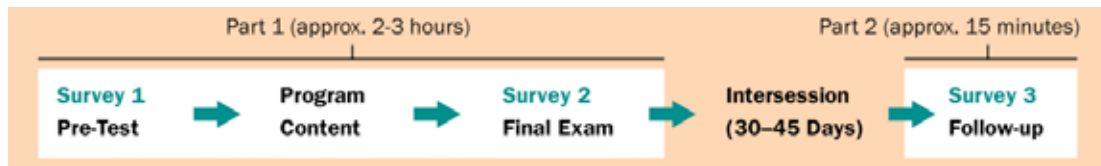
## Encouraging Responsible Behavior in First-Year Students

Roger Williams University has a comprehensive, best-practice, environmental management approach to dealing with alcohol issues on campus. An active Alcohol and Other Drug Task Force works to provide a safe environment, but ultimately it is up to your son or daughter to make responsible choices. Studies show that parents remain a key influence in student drinking behavior. Your opinions and guidance make a difference! College is a huge investment of time and money. Set clear expectations that your son or daughter will focus on academic work and personal development in their first year. You are the Prevention Specialists because you know your son or daughter so well! Caution your student about drinking alcohol and the college party scene and make your expectations clear.

### AlcoholEdu for College

As part of our comprehensive alcohol prevention program, Roger Williams University expects each member of the first-year class to complete AlcoholEdu for College – an online, non-opinionated, science-based course taken by hundreds of thousands of students each year. Whether you drink or not, AlcoholEdu will empower you to make well-informed decisions about alcohol and help you better cope with the drinking behavior of your peers.

The course has two sections, **both** of which must be **completed to fulfill this requirement**:



**You may begin the course on Monday, August 8 and will be sent log-in instructions at that time.**

- Part 1 of the course takes approximately 2-3 hours to complete and we recommend that you take it in multiple sittings. This part ends after Survey 2 and the Exam. You must earn a grade of 75% or higher to pass and receive credit for the course. **The deadline for finishing Part 1 is Thursday August 23.**
- About **45 Days** after you complete Part 1, you will receive an email asking you to complete Part 2. **The deadline to complete Part 2 is October 20th.**

**Failure to complete Part 1 by the deadline could result in loss of housing.**

**To begin please follow the directions: Log into MyRWU by going to <http://my.rwu.edu>** If this is your first time logging into My RWU the password for MyRWU are the first initial of your first name, first initial of your last name, and the last four digits of your social security number, followed by the letters RWU capitalized. ( Example. xx1234RWU ) If you have trouble logging in to MyRWU please contact the IT Help Desk at (401) 254-5200.

**Click on the Campus tab**, and look at the left side toward the bottom. You will see a link for “AlcoholEdu”. Click the link and it will take you to the AlcoholEdu website where you will need to input your date of birth as well as your gender.

If you see a picture of faces or receive an error message make sure all pop up blockers are turned off – if you still have an error message and you are using Internet Explorer try to access AlcoholEdu by using Firefox as your web browser <http://www.mozilla.com/en-US/>

You may log in and out of the course at the end of each section. Section ends are marked with a “Next” button. **DO NOT log out until you click the “Next” button or you will have to repeat the section you have just gone through.** You cannot have anything else open or navigate away from the site or you will automatically be logged out. **Should you experience any difficulties or require support, the AlcoholEdu Online Technical Support Center is available 24 hours a day, 7 days a week. Simply click on the “Technical Help” button located in the upper right-hand corner of every AlcoholEdu for College screen. You do not need to be logged into the course to access the Technical Support Center.**

**Thank you and enjoy the course!**

**Sincerely,**

Donna Lynn Darmody, *Director of Health Education, Alcohol and Drug Prevention Coordinator* • [ddarmody@rwu.edu](mailto:ddarmody@rwu.edu) • (401) 254-3413

## STUDENT CONDUCT AND COMMUNITY STANDARDS

At the Office of Student Conduct and Community Standards, our goal is to support the development of students’ personal, social and academic abilities. Roger Williams University is a community dedicated to learning — students (along with faculty and administration) are a critical part of that equation.

Through our office, we define and uphold behavioral standards and academic integrity of the University. Students are expected to abide by the Code of Student Conduct, and we adjudicate violations of the code in a fair, consistent manner. We set and promote high standards for all Roger Williams students to create a community in which every student treats each other with dignity and respect.

For more information, contact us at: (401) 254-3042 or visit [www.rwu.edu/studentlife/studentconduct](http://www.rwu.edu/studentlife/studentconduct)



## INTERCULTURAL CENTER

*Welcoming people of all nationalities, faiths and personal identities*

The Intercultural Center's (IC) mission is to develop world citizens capable of critical thinking, compassion and respect for differences. To accomplish this mission, we provide direct student services as well as programming and opportunities for intercultural learning. The IC supports Multicultural Student Affairs, International Student Affairs, The Office of Spiritual Life, Bridge to Success mentoring program, LGBTQ Student Affairs and several other student programs.

The IC is an open and affirming environment where discussions flow freely, and where many of our students find their home away from home. The main floor has a lounge outfitted with comfy couches, a big screen TV and computers with internet and printing access. Our kitchen is available for student use, and often acts as a gathering place for special meals. The lower level multi-purpose room is used for meetings, social gatherings and study sessions. Our prayer corner, a result of student suggestions, offers a quiet place for students of all faiths to practice their faith.

The IC sponsors many events during the school year including speakers, dinners, open dialogue discussions, community conversations, interfaith breakfasts and dinners, and many other fun and educational programs. One of our most popular events is "An Hour With..." which gives our international students the opportunity to present their culture to the community. We encourage the entire RWU community to come to the IC and our events to share ideas of diversity, social justice and global citizenship.

**The hours of operation are:** Monday through Sunday 5 a.m. to 9 p.m.

For any questions about the Intercultural Center and our programs and services, please call (401) 254-3121 or visit <http://www.rwu.edu/campus-life/gender-culture/intercultural-center>

## WHAT EVERY STUDENT SHOULD KNOW ABOUT LIVING LEARNING COMMUNITIES

Your living situation is all set for this year, but it's never too early to start thinking ahead for next year. RWU has a variety of Living Learning Communities (LLCs) that connect your academic experience with life outside the classroom, enhancing your overall RWU experience.

Currently, there are seven special interest communities – Aquaculture (for Marine Science majors), Healthy U (for individuals interested in personal wellness), Law & Order (for Criminal Justice, Psychology and Forensic Psych majors), P.E.A.C.E. (for People Enthusiastic About Cultural Experiences), Building and Design (for Architecture, Historic Preservation and Engineering majors), Reaching New Heights (for students looking to enhance their leadership experiences) and the Honors Area (for students in Honors Program).

Self-proposed LLCs are an exciting new addition to RWU's Living Learning program, giving you the opportunity to create your own unique community. Eight new LLCs with groups of 4 – 10 students were approved for the 2012-2013 academic year around a plethora of themes including filmmaking, women's issues and volunteerism. This spring you could consider forming your own self proposed LLC with students with a common interest!

As you can see, there are tremendous opportunities to extend your learning beyond the classroom and into your residential experience. Contact the Department of Residence Life and Housing at (401) 254-3161 or visit us online : <http://rwu.edu/campus-life/housing-dining/llc> to learn more!

## IMPORTANT HOUSING BILLING INFORMATION

*What you should know about the first billing statement for Housing & Meal Plan charges*

Introducing the newest, hottest hangout on campus—the South Campus Lounge! Located in Cedar Hall, the newly renovated lounge is outfitted with ping pong, foosball, air hockey and pool tables as well as five TVs. It's the perfect place to play games, watch movies and kick back after class. The lounge is open to all students from 11:00 a.m. to 10:00 p.m. on weekdays and 11:00 a.m. to 1:00 a.m. on weekends.

Want to make a change to your meal plan? Changes and cancellations (where applicable) are accepted until 4:00 p.m. on Wednesday, September 12, 2012. If you cancel your meal plan for any reason during the first two weeks of school, you will be billed for all meals used. Meal plan options selected in the fall, automatically renew for the spring semester. You will have the opportunity to change your meal plan, should you wish to do so, prior to the start of the spring semester. Again, changes to your meal plan for the fall must be received by 4:00 p.m. on Wednesday, September 12, 2012.

**Important dates to remember:**

- October 15 – October 26: Health and safety inspections
- November 21: Residence halls close for Thanksgiving break
- December 18: Residence halls close for winter break
- January 22: Residence halls open for spring semester
- February 18 – March 1: Health and safety inspections

## CENTER FOR COUNSELING AND STUDENT DEVELOPMENT



The freshman year of college is an exciting time – for students and for their parents. It's a time when students learn to venture out on their own – the first time for some. It's also a time when parents step back from some of the day-to-day decision making, letting their children spread their wings and make choices that range from when to eat dinner to whether or not to hang out instead of going to class. And it is a normal and expected part of the process for students to make plenty of good decisions, along with a few that they might regret later on. Who hasn't woken up wishing they'd said "no" to a late-night pizza and "yes" to some last minute studying for that exam instead?

While your student is new to adjusting to life at RWU, you can rest assured that for the staff in all of Student Affairs, and those in the Center for Counseling and Student Development in particular, this is what we are trained to do, and experienced in handling. Just a few of the issues we are equipped to manage:

- Homesickness
- Relationships
- Transitioning to life in the residence hall
- Contending with social pressures
- Getting involved on campus
- Balancing freedom and responsibility

At the Center for Counseling and Student Development, we provide a spectrum of services to ensure that students, particularly freshmen, succeed at Roger Williams University. The Center offers individual and couples counseling and provides freshman support groups to help students adjust to their new environment. The Counseling Center webpage offers additional information such as mental health tips, brochures, and online screening tools to support students throughout the academic year. While the Center aims to support students through the challenges they may encounter as they adjust to college, the staff is also there to empower students to find their unique identity.

All full-time and residential undergraduate students are eligible for the Center's services, free of charge. All services are confidential, which means we cannot share information about the fact or nature of students' visits without their permission. However, parents are welcome to call us to share your concerns or to consult with one of our counselors. The Center for Counseling and Student Development may be reached at (401) 254-3124. Office hours are Monday through Friday, 8:30 a.m. to 4:30 p.m. or visit <http://www.rwu.edu/studentlife/studentservices/counselingcenter/>

## PARENTS ASSOCIATION

Welcome to Roger Williams University! All parents of current RWU students are members of our Parents Association, and we hope you will get involved at whatever level works for you.

Many families asked us how they could stay connected, offer support and provide their expertise while their students were enrolled at RWU – and their input helped us create the RWU Parents Association. The best thing is, you can participate at whatever level feels right for you. Whether you live close to campus or further away, you can choose your degree of involvement. You can participate in on and off-campus events, provide feedback via email or phone, and hopefully attend the annual meeting, which is held every October during Homecoming & Family Weekend. More information regarding the time and location will be mailed out closer to the date.

In the meantime, please feel free to email and/or call me to discuss the Parents Association – how you can help us and how we can help you. There is an exciting year ahead for you and your student, and I am looking forward to getting to know you better.

Sincerely,

Amanda Marsili  
*Director of Admissions Operations and Outreach*  
[amarsili@rwu.edu](mailto:amarsili@rwu.edu)  
401-254-3774