A MESSAGE FROM THE VICE PRESIDENT OF STUDENT AFFAIRS

Dear Parents and Students,

It seems like just last week faculty, staff and student volunteers were helping the first year students move in to their rooms and leading them to Convocation. The past month has witnessed a blur of activity with our fall athletic teams (Women’s Soccer, Tennis, Volleyball, Men’s Soccer, Co-Ed Sailing, and our Men’s and Women’s Cross Country program) moving into the heart of their conference schedules. Club sports including Crew, Rugby, Ice Hockey and Ultimate Frisbee are all starting full practice and competition schedules throughout New England.

On September 24 to 25, audiences enjoyed the all-first year student cast in A Simple Task at the Performing Arts Center. The main fall semester show commences October 8 to 10, and 14 to 16 featuring a production of Iphigenia.

On Labor Day weekend our Campus Entertainment Network (CEN) board set a new University record by attracting 1,900 students for an outdoor concert and barbeque featuring hip hop duo Shwayze. Student Senate is fully engaged in reaching out to students and they are building an important agenda for their open meetings every Monday night at 6:30 p.m. held in the Recreation Center senate chambers.

On September 28 our students and dining staff participated in the Eat Local Challenge by preparing and enjoying lunchtime meal choices made with 100 percent locally sourced ingredients. Locally owned companies including Del’s Lemonade were on site and a full farmers market with freshly picked vegetables was offered in the Lower Commons.

Pulitzer Prize-winning author Tracy Kidder visited campus on September 30 for our sixth annual Common Reading program featuring his acclaimed nonfiction work Mountains Beyond Mountains. Mr. Kidder spoke to a packed house of 1,000 campus and local community members, and he also spoke at two classroom sessions during the day. Parents of first year students are encouraged to borrow their student’s book and observe how Mr. Kidder masterfully chronicles how one U.S. doctor’s (Paul Farmer) commitment to help the people of Haiti inspired a revolutionary worldwide health mission.

In this semester’s first issue of Student Life at RWU, our contributors share many additional past and future events occurring on and off campus, and offer advice and information designed to engage students and parents in campus life programs and wellness issues.

We are very excited for the upcoming Homecoming and Family Weekend taking place October 22 to 24. Online, late and on-site registrations are welcome and you can view the full schedule of activities at http://www.rwu.edu/studentlife/homecoming/.

We hope to see you on campus soon!

Sincerely,

John J. King, Ed.D
Vice President – Student Affairs
Hello!

I hope the beginning of the school year is going well for you and your student. I am excited to announce that the Parents Association will be hosting their annual meeting during Homecoming and Family Weekend again this year. The meeting is scheduled for Saturday, October 23, 2010 at 11:00 a.m. in the Marine and Natural Sciences Building. Please consider attending this meeting as part of your weekend activities. RSVP for the meeting to amarsili@rwu.edu.

On the agenda thus far, we have Sr. Vice President of Enrollment and Communications, Lynn Fawthrop, who will be discussing the Parents Association and its role on campus. Robbin Beauchamp, director of the Career Center, will also be joining us to discuss opportunities to partner with the Career Center through our internship/externship program. We are looking forward to seeing many of our parents at the meeting and hearing from them.

I encourage you to visit the Parents Association website at www.rwu.edu/parents. Please look over the site and e-mail me your thoughts and comments. If you feel anything is missing or would like to see some additional information please let me know. We have also joined the wonderful world of Facebook, so please join our Parents Association Facebook group! It is a great spot to meet other RWU parents, keep in touch, and find out information about the happenings on campus. We will be posting discussion questions and asking RWU experts to join us from time to time.

We are looking for parent volunteers to join us at our November 14, 2010, Open House. Having current parents at our admission events speaks volumes about our University. While we have a lot to share with prospective parents, they love to hear from you—parents who have already been through the process and who have had a great experience at RWU! If you are interested in volunteering at the November Open House, or would like more information about other volunteer opportunities, please contact me.

I am looking forward to seeing you at Homecoming and Family Weekend! If you are on campus before then, please stop by and visit me. My office is located in the Alumni and Admission Center

Sincerely,
Amanda J. Marsili
Associate Director of Parent Relations and Outreach
amarsili@rwu.edu
(401) 254-3774

PARENTS ASSOCIATION UPDATE
WEEKS OF WELCOME
STARTS OFF THE YEAR FOR STUDENT INVOLVEMENT

Weeks of Welcome (WOW) is sponsored by the Department of Student Programs and Leadership in conjunction with various campus departments and student leaders to provide activities to kick off the academic year and connect with our first year students. WOW was designed to allow students the opportunity to see what is offered on campus and to become an active member of the RWU community. This year’s events were coordinated by John Walsh (Class of 2011) and Amanda Studley (Class of 2013). Both student leaders spent the summer working to provide a comprehensive schedule of events, communicated with various student organizations to plan events, and finally executed their hard work. WOW is made up of campus traditions including the Campus Entertainment Network/88.3 WQRI Annual Pizza and Music Night, the Inter-Residence Hall Association Late Night Ice Cream Social and our Annual WOW Magician.

After the traditional WOW events end, our Student Clubs and Organizations begin to showcase events to the student body. The Campus Entertainment Network begins each Fall Semester with our 1, 2, 3 Weekend. Highlights of this event included a comedian, Ralph Harris, a showing of “Toy Story 3,” and the Annual Fall Concert featuring Shwayze and the Elevators. The Fall Concert broke attendance records with 1,900 students enjoying a beautiful summer afternoon concert and all campus barbeque. After enjoying all the campus events, many members of the freshmen class and transfer students eagerly signed up to join Clubs and Organizations at our Involvement Fair. This all-campus event allowed students to shop around all of our Clubs, Organizations and Club Sports to see what being involved can offer them.
COMMUNITY CONNECTIONS 2010

Community Connections 2010 took place on Monday, August 30, for our freshmen class and 180 student, faculty, and staff site leaders. This program allowed our students to volunteer at 65 non-profit agencies throughout Rhode Island and Southern Massachusetts. The Community Connections program began in 2005 as a way to continue the Orientation process for new students by providing a common service experience that actualizes commitment to service and meets the real needs of organizations and individuals in the local community. This program has created a partnership between the Department of Student Programs and Leadership and the Feinstein Center for Service Learning & Community Engagement. More information regarding service programs can be found by e-mailing service@rwu.edu.
Assistant Director, Reuben Tillman, reports on our upcoming events:

This fall the IC is sponsoring a World Theater program called Words Speak Louder Than Actions, in October. This workshop will highlight the fashions of Makala Fields, which displays collage-inspired pieces that translate humanistic themes such as pride, self-awareness and cultural celebration. RWU students will open the night with poems that celebrate their identities.

S.A.F.E., our Lesbian Gay Bisexual and Transgender student club, is hitting the ground running with exciting events that include National Coming Out Day, Rocky Horror Picture Show and World AIDS Day/Bingo for a Cure. S.A.F.E. is in great position to out-do last year’s efforts in which they won “Club of the Year.”

The Multicultural Student Union also shows no signs of letting up from their thought-provoking events. This semester’s events include Salsa Night, Mooncake Festival and Chrismahanakwanzaekid, which is an all inclusive celebration of the holiday season.

Director Ande Diaz is teaching a course on the American Experience, which exposes students to the many social identities and social movements that shape society in the U.S. today.

The Bridge to Success mentoring program just wrapped up a successful residential Summer Institute, which hosted more than forty high school students on campus to partake in our SAT prep program. Participants worked to increase their scores on the SAT. They also experienced college life and enjoyed life skill workshops that focused on résumé building, entrepreneurship and perception.

Assistant Director Maria Adkins helped welcome a record 70 new international students this year. She reports that we have 170 international students from 55 countries across the globe. This year, the students kicked off the semester with a fun day in Boston including the famous Boston Duck Boat tour. This fall the students are looking forward to a trip to King Richard’s Renaissance Faire, a Boston Celtics game and Haunted House tour. The “Hour With” series, which gives international students a chance to share their culture with the campus community, will start off with “An Hour With France” and “An Hour With Morocco.” Many of the Muslim international students have just finished fasting during the month of Ramadan and celebrated with a big Eid party marking the end of Ramadan.
ALCOHOL HOLDS LESS APPEAL FOR INCOMING ROGER WILLIAMS UNIVERSITY STUDENTS

National data shows increase in the percentage of non-drinkers entering college

Each fall, incoming first-year students at Roger Williams University face a number of pressing transitional issues, including the decision of whether or not to drink and the role that alcohol will play in their college lives. However, emerging data indicates that an increasing number of students are choosing to refrain from alcohol use and are seeking activities where alcohol is not the central focus.

The Monitoring the Future survey, a long-term study on drug and alcohol use in the U.S. funded by the National Institute on Drug Abuse (NIDA), found drinking among 12th graders has decreased steadily every year from 1998 to 2008 – dropping by 13.2%. And in the last decade, the abstention rate among high school students has continually increased, from 49% in 1999 to 57% in 2009. Similar trends can be seen among incoming college freshman, as evidenced by national aggregate data from AlcoholEdu® for College, the online prevention program used by 36% of first-year students at America’s four-year higher education institutions, including Roger Williams University.

“More and more students are coming to campus as non-drinkers,” said Brandon Busteed, Founder and CEO of “Outside the Classroom,” the creator of AlcoholEdu. “This is an incredibly positive trend and a real opportunity for us to engage these students and harness the power of the ‘responsible majority.’ The colleges and universities that actively embrace this trend will have a distinct competitive advantage in getting the best, most engaged students.”

Data gathered from AlcoholEdu in 2010 showed that 12% of first-year students at Roger Williams University are interested in planning events that do not focus on alcohol, and another 31% are interested in attending such events. The top-ranked events and activities included live music, movie nights, intramural sports tournaments, laser tag, trips to local sporting events, and simply having a place to hang out. These findings have already begun to inform programming decisions for the upcoming academic year.

Also noteworthy is the rise in student activism on the Roger Williams University campus. “The sense of commitment and purpose is palpable among students at Roger Williams University, said K.C. Ferrara, Director of the Feinstein Service Learning Center at Roger Williams University. “I see constant activity around campus as students work on service projects, advocacy campaigns, and community-based research.”

While these trends are promising, the fact remains that alcohol abuse is still a significant problem among college students. Roger Williams University is taking proactive steps to address this issue by once again requiring all first-year students to complete AlcoholEdu prior to their arrival on campus in the fall. The program’s personalized approach meets students where they are based on their personal drinking choices. “Drinking in moderation or abstaining should both be equally acceptable options for adults, and we have a responsibility to prepare students for either choice,” said Donna Darmody, Director of Health Education “The stakes are too high to do otherwise.”
With several published studies and randomized control trials documenting its efficacy, AlcoholEdu has been a critical building block for addressing the epidemic of high-risk drinking on America’s college campuses. In an upcoming issue of the Journal of Health Communication, independent researchers present findings in which Villanova University students who completed AlcoholEdu reported a greater reduction in alcohol use in one sitting, were less likely to expect positive outcomes from drinking, were less likely to make poor decisions as a result of alcohol use, and were less accepting of others’ alcohol use behaviors compared to students in a control group.

In addition to AlcoholEdu, Roger Williams University has an active Alcohol and Other Drug Task Force and has implemented a variety of programs that encourage prevention and student engagement on campus. All first year students attended “Happy Hour Comedy” with Bernie McGrenahan on their second night on campus. His performance engages the audience with comedy and then relates a real life story about how alcohol abuse can alter a life in a tragic way. RWU’s student club that promotes abstinence and responsible choices, “Add Nothing,” has gotten off to a great start this year hosting movie nights, large Manhunt games across campus, and planning for a high ropes course experience over Columbus Day weekend. Lastly, Resident Assistants have been busy planning off-campus trips to dinner in Providence, movies at the theater, laser tag, kayaking and beach clean ups. RWU offers a diverse array of alternatives to socializing around alcohol and we are excited about how our new students are getting involved this year!

Dr. Kathleen McMahon
Dean of Students
The fall semester can be a challenging time for incoming freshmen to adjust to campus life and for returning students to face the new challenges that lie ahead. Challenges can come in the form of learning how to balance increased responsibility, finding a social niche, negotiating conflicts with roommates and friends, and reexamining personal goals, values and priorities.

The Counseling Center offers support to students in a variety of ways. First, the Center offers individual counseling to students seeking guidance as they navigate their college journey. Secondly, the counselors along with PEERs (student mental health educators) work together to provide a variety of psychoeducational programs across the campus community. For example, in September the Counseling Center conducted screening days in the areas of alcohol and depression, receiving immediate feedback from a trained counselor. It also provided students with the opportunity to schedule a follow-up appointment at the Counseling Center. Students may complete any of the screenings at any point throughout the year at http://www.rwu.edu/studentlife/studentservices/counselingcenter/.

Additionally, the Counseling Center has increasingly utilized the internet to provide information to students, parents, staff, and faculty. Various brochures can be found at http://www.rwu.edu/studentlife/studentservices/counselingcenter/resources/. Weekly mental health tips can also be accessed anytime throughout the academic year at http://www.rwu.edu/studentlife/studentservices/counselingcenter/resources/mhtips.htm. There is helpful information on many topics including, but not limited to, adjusting to RWU college life, depression, anxiety, and overcoming procrastination.

Our services are confidential which means we cannot share information about the fact or nature of students’ visits to the Center without their permission. However, as a parent you are welcome to call us to share your concerns or to consult with one of our counselors. All full-time undergraduate and graduate students (other than the law school) are eligible for our services, free of charge. The Center for Counseling and Student Development is located on the 2nd floor of the Center for Student Development, and we may be reached at (401) 254-3124.
### September is Graduate School Month!

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>9/2/2010</td>
<td>2:00-4:00</td>
<td>Open House</td>
<td>Meet the Career Center Staff and get a t-shirt</td>
</tr>
<tr>
<td>9/14/2010</td>
<td>3:00-4:00</td>
<td>Graduate School: Essays Do’s and Don’ts</td>
<td>Learn how to write effective essays for your graduate school application</td>
</tr>
<tr>
<td>9/20/2010</td>
<td>4:40-8:00</td>
<td>Graduate Degree Fair for the Public Good</td>
<td>Travel with us to Brown U. Register at idealist.org/gradfairs and learn more about it</td>
</tr>
<tr>
<td>9/21/2010</td>
<td>4:30-5:30</td>
<td>Graduate School Admissions Panel</td>
<td>Hear from the people who read applications about what makes a great candidate</td>
</tr>
<tr>
<td>9/23/2010</td>
<td>3:00-4:00</td>
<td>Financing your Graduate Education</td>
<td>Learn about all of ways to finance your graduate education</td>
</tr>
<tr>
<td>9/28/2010</td>
<td>4:00-6:30</td>
<td>Accounting Reception</td>
<td>Open to all students who would like to meet accounting firms</td>
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<tr>
<td>9/30/2010</td>
<td></td>
<td>Graduate School: Law School Essays</td>
<td>Learn how to write your law school essays</td>
</tr>
<tr>
<td>10/14/2010</td>
<td>12:00-6:00</td>
<td>Westfield State University Government, Criminal Justice and Non-Profit Career Fair</td>
<td>Travel with us to attend the largest government Career Fair in New England</td>
</tr>
<tr>
<td>10/20/2010</td>
<td>11:00-3:00</td>
<td>Engineering and Technology Career Fair at URI</td>
<td>Travel with us to URI to meet technology and engineering employers</td>
</tr>
<tr>
<td>10/27/2010</td>
<td>1:00-4:00</td>
<td>Career Fair for Engineering, Construction Management and Computing</td>
<td>Open to all students who wish to meet with employers in these areas</td>
</tr>
<tr>
<td>10/28/2010</td>
<td>2:00-4:00</td>
<td>Halloween Career Fear: Haunted House</td>
<td>Have some scary fun at the Career Exploration and Civic Engagement building</td>
</tr>
<tr>
<td>11/3/2010</td>
<td>5:00-6:30</td>
<td>Justice Studies Reception</td>
<td>Open to all students who wish to meet employers in the field of Criminal Justice</td>
</tr>
<tr>
<td>11/4/2010</td>
<td>2:00-5:00</td>
<td>Federal Jobs Career Fair</td>
<td>Travel with us to Johnson &amp; Wales to a collaborative career fair</td>
</tr>
<tr>
<td>11/11/2010</td>
<td>5:00-6:30</td>
<td>Dining Etiquette</td>
<td>Enjoy a four course meal while learning how to navigate it</td>
</tr>
<tr>
<td>TBA</td>
<td>6:00 am-7:00 pm</td>
<td>Careers in Media</td>
<td>Travel with us to NYC to visit PR and advertising firms</td>
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### March is Liberal Arts Month!

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<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Description</th>
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<tbody>
<tr>
<td>February TBA</td>
<td>4:00-6:30</td>
<td>Natural Science Reception</td>
<td>Open to all students who wish to meet employers in the sciences</td>
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<tr>
<td>March TBA</td>
<td></td>
<td>The Power of a Liberal Arts Degree: Social Sciences Panel</td>
<td>Hear from alumni and other professionals who majored in the social sciences to see where they are today</td>
</tr>
<tr>
<td>March TBA</td>
<td></td>
<td>The Power of a Liberal Arts Degree: Arts and Humanities Panel</td>
<td>Hear from alumni and other professionals who majored in the Arts and Humanities to see where they are today</td>
</tr>
<tr>
<td>3/30/2011</td>
<td>1:00-4:00</td>
<td>15th Annual Career Fair</td>
<td>Internships, part time jobs, summer jobs, full-time career opportunities and graduate schools will be represented</td>
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For more information and to register, visit Hawk’s Hunt at [http://careercenter.rwu.edu](http://careercenter.rwu.edu)
CAREER CENTER

Fun at the Career Center

On September 2 from 2:00 to 4:00 p.m., over 300 students stopped by the Career Center during our first ever Open House. Having moved from the Center for Student Development to the “Old Admission House” across from the Lower Commons last summer, the Open House was designed to remind students of our new location and to bring them into the Center to meet the staff. Students were given access to computers where they became “fans” of the Career Center Facebook page and the Feinstein Service Learning and Community Engagement page, received a free t-shirt telling them “You Should Be Here,” and capped the event with live music from WQRI and free frozen lemonade from a Rhode Island favorite, Dels.

Statistics from Facebook shows that 256 new fans were added and 350 people became an active user from the previous week and 920 more students visited our page in that week. The Career Center now has 677 fans.

CAREER CENTER
OPEN HOUSE
HOMECOMING WEEKEND

Coming to campus for Homecoming? There is a lot to do. Maybe you’d enjoy some “down time” in our living room. Stop by between noon and 2:00 p.m. Enjoy complimentary beverages and sit a spell in our fire-placed living room. Take a break, get warm and relax. Come meet the staff, and learn about all of the opportunities your students have to connect with employers for internships and employment. In addition, they also have the opportunity to speak with graduate school representatives for guidance on the graduate school application process. All of these resources will help them be successful upon graduation.
In May 2010 the Roger Williams student-run newspaper – the Hawk’s Herald – published an article titled “Living with Celiac Disease.” The article walked through the life of a few RWU students and their struggle with food choices while living on campus. One student, diagnosed with celiac disease as a freshman, initially found it hard to walk into the main Commons dining hall and think that she was going to have to eat salad again. However, as time has gone on, students with celiac disease or gluten intolerances have come to realize that every station in the café offers something friendly to their diets. One senior commented on the Dining Commons saying, “As far as celiacs are concerned, and gluten intolerances, they are much better than most places.” General Manager James Gubata, stated, “I would bend over backwards, if at all possible, to get [a] product… Let’s face it, students pay good money for this diet plan. We’ve got the resources to give people what they want, so it’s no problem.” Going forward in Fall 2010, students will now be able to purchase celiac-friendly options at our dedicated gluten-free section in our C-Store. Gluten-free products range from frozen meals, ice cream, breads, pastas, dairy, snacks and more, giving students celiac-friendly options for all times of the day.
I know firsthand that college students live a very different life than the rest of society. I can see it in the squinted eyes and yawns of my students at our 11:00am meetings and also witnessed my son still sleeping at 2pm on the Saturday of his first weekend home from college. While it is easy to think of this as normal behavior for this age range, we need to be more aware of and proactive in helping our students and your son or daughter realize the importance of sleep.

In a recent study of 1,125 students, the Journal of Adolescent Health 46(2010)97-99 reported that only 30 percent of college students sleep at least eight hours a night - the average requirement for young adults. On the weekends, 20% stay up all night at least once a week, and 35% stay up until 3am at least once a week. It is typical for college students to experience altered sleeping patterns when they leave home for the dorms. Their sleep may be affected by unusual schedules which fluctuate to accommodate classes, social activities, homework or the noise associated with large numbers of people living together. Simple stress about school and their social life can keep them awake at night or affect the quality of their sleep. By forgoing sleep, students may be sabotaging their physical and mental health; they are unknowingly doing serious damage to their bodies. The human body not functioning with enough sleep will not operate as efficiently as it should, and students who consistently don’t get a sufficient amount of rest are likely to suffer long-term consequences that go way beyond fatigue. Weight gain, migraines, mood disorders, and even seizures are all possible consequences that can stem from sleep deprivation.

Whether we like to hear it or not, alcohol is consumed by a lot of college students. While it usually takes the form of weekend partying, some of them are using it for sleep induction after a long night of coursework. Most students are not fully aware of the detrimental effects this has on their health. Because alcohol is a depressant, it is believed that a drink or two before bed enables one to fall asleep faster. This may be true; however, because alcohol is metabolized during the nighttime, sleep will gradually become lighter and more easily disturbed. According to a study done at Loyola Marymount University in Los Angeles, the degree to which cognitive and physical performance is damaged by sleep deprivation is directly associated with the extent to which a person is under the influence at the time he or she falls asleep - or, in the case of consuming alcohol, passing out. (www.sleep-deprivation.com/articles). Additionally, the human body requires REM (Rapid Eye Movement) as a part of deep sleep in order to feel refreshed in the morning, but alcohol has ways of disturbing or eliminating this vitally important process. In summation, the more intoxicated one becomes, the more sleep is disrupted. Excessive alcohol consumption and sleep deprivation go hand in hand.

In general, it has been my experience that students underestimate the importance of sleep in their lives and oftentimes resort to unhealthy patterns, such as ingesting stimulant drinks like coffee, sodas or energy drinks, and sometimes illegal prescription medicines like Ritalin and Adderall in order to gain an edge on sleep deprivation. Side effects of these drugs include, but are not limited to, irregular sleeping cycles, as well as irregular heart rates and even death, and for these reasons should never, under any circumstances, be taken without a prescription from your healthcare provider.

With your son or daughter still in the process of becoming acclimated to the completely new and different environment that is college life, it goes without saying that there are many important discussions you should be having with them- the drinking talk, the safety on campus talk, the eating healthy talk, the safe sex talk… but the fact of the matter is, we should also be talking to them about sleep, as it is deemed just as important as the topics previously listed, if not more so. So, the next time you’re talking to your student about what’s going on in their college life, don’t forget to ask this question:

“How are you sleeping?”
The Department of Public Safety would like to welcome all new, international and returning students to Roger Williams University for the Fall 2010 semester.

The Roger Williams University Department of Public Safety’s mission is to enhance the quality of campus life through the creation of a safe and secure environment for all students, faculty, staff and visitors. The Department of Public Safety routinely patrols all properties owned by Roger Williams University and offers many different types of services to the University community. Some of our services include building checks, campus security patrols (foot, bike and vehicle patrols), traffic and parking enforcement, campus-wide crime prevention, emergency medical technician (EMT) services, campus safety escorts, shuttle transports to and from scheduled locations (both campus and off campus properties) and investigations of a wide variety of incidents. Our presence is felt throughout the university community and we are always willing to assist anyone in their time of need which is illustrated in our motto of “In Service of the University.” The Department of Public Safety is staffed twenty-four hours a day, seven days a week (24/7) and is just a phone call away by dialing ext. 3333 from a campus phone or (401) 254-3333 from a cell phone or outside line.

The Department of Public Safety is announcing their new emergency hotline for campus emergencies which includes the following safety message. The purpose of this number change is to provide the University community with an easier number to remember during campus emergencies. The previous emergency number of extension 4357 (HELP) is being call-forwarded to the new emergency line for the time being, but plans are to phase it out in the future years.

All students, faculty and staff are asked to store this number in your cell phone.

Roger Williams University is dedicated to safeguarding the health and safety of each student, faculty and staff member. In the event of an emergency the following resources are in place.

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

- Public Safety at (401) 254-3333 or dialing 3333 or 4357 (HELP) from a campus phone.
- Resident Assistants (resident students)
- Bristol Police Department at (401) 253-6900 (Campus and Town of Bristol related emergencies)
- RI State Police Portsmouth Barracks at (401) 849-4444 (Town of Portsmouth related emergencies)
- Portsmouth Police Department at (401) 683-0300 (Town of Portsmouth related emergencies).

Roger Williams University Department of Public Safety Bristol Campus

- Emergencies (401) 254-3333 or dialing 3333 or 4357 (HELP) from a campus phone
- Non-Emergencies (401) 254-3611 or 3611 from a campus phone
- Crime Prevention (401) 254-3212 or 3212 from a campus phone

The Crime Prevention hotline is also new this year and to that end, we have a completely confidential hot line that students, faculty and staff may call to report suspicious activity: just dial (401) 254-3212 or 3212 from a campus phone.

- Campus Emergency Information (401) 254-4400 or 4400 from a campus phone
- Shuttle Services can be contacted at (401) 254-7333 or 7333 from a campus phone. The Shuttle Services hotline is also new this year and after handling over 270,000 transports last year we are looking to
improve our services to include a direct phone line to Public Safety for all students seeking information for Shuttle Services. It is recommended that all students download the shuttle services schedule from the RWU Public Safety website for their first point of reference.

**Providence Campus**

- Providence Campus (401) 276- 4830

**Notifying Students, Faculty and Staff of an Emergency**

The highlight of the University’s emergency communications plan is the ConnectEd system. The system sends phone, e-mail and text message alerts in real time, so that students, faculty and staff will be made aware of 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 ConnectEd broadcast system in an emergency.

The University also has 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 activation 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. Additionally, the University will use the RWU website and record a message on the campus emergency information number (401) 254-4400 or 4400 from a campus phone.

During the month of September, Public Safety along with the Student Senate is co-sponsoring a Crime Prevention Fair day at the Bristol campus and which includes participation from over twelve (12) law enforcement agencies from throughout Rhode Island and Southeast Massachusetts along with the RI MADD chapter as well as assistance from several RWU departments including the Women's Resource Center, Information Technology, Facilities and the Counseling Center. Some of the topics covered during the Crime Prevention Fair will include the following discussion and presentations.

- Alcohol Awareness
- Drug Recognition
- Emergency Medical Services
- Identity Theft
- K9
- Mobile Crime Lab
- Motorcycle Unit
- Mounted Command (Horses)
- Seat Belt Safety
- SWAT
- Traffic and demonstration of a motor vehicle stop by law enforcement
- Water Safety
- Women in Law Enforcement
- Women Self Defense Demonstration - keynote presentation coordinated by Brown University Police

Finally, Sir Robert Peel, father of modern policing, issued “Peel’s Principles” in 1829, and despite the time that has passed they remain pertinent today. These principles included the following remarks that “the police being the only members of the community paid to give full-time attention to duties which are incumbent on every citizen in the interest of the community welfare and existence.” The task of maintaining a safe and secure environment conducive to the learning, working, personal growth and social interaction of all can only be achieved through a collaborative effort involving the entire University Community.

Remember to Be Aware, Be Safe and Report Suspicious Activities to Public Safety.
A Message from Health Services

We can help you QUIT!

As you may already know, all campus buildings are currently smoke-free and outdoor smoking is limited to the designated smoking gazebos. In support of this endeavor, Heath Services offers smoking cessation to all students.

Do the math!

• Research has shown that quitting becomes more difficult with every added year you smoke.

• The cost of smoking 1 pack/day of cigarettes translates to: $40 per week... $172 per month...or $2080 per year!!!

• The health cost is significant the longer you smoke. (lung disease, high blood pressure, etc.)

• The cost of the nicotine patch available through Health Services is currently $12/week.

Please call Health Services to schedule an appointment for smoking cessation. We can provide one on one counseling, the nicotine patch at a reduced cost, general guidance or information.

Student Health Insurance Reminder

All students living in University Housing and all International students on an F-1 or J-1 visa have the Student Accident and Sickness Insurance Plan, which is provided through the residential fees. This is also available upon request to all full-time day commuter students. The insurance cards will be mailed to enrolled students by mid October. Students should look for this mailing at the address they have provided the school, such as their local RWU Box #, or other street address. If you have not received the insurance card by mid-October, please contact Health Services at (401) 254-3156.

The Student Accident and Sickness Insurance Plan is a per semester coverage. If you are a full-time day commuter student and would like to purchase the Student Insurance Plan, please contact the Bursar's Office at (401) 254-3520. The deadline for enrollment is October 1st for the fall semester and March 1st for the spring semester. If you have moved off campus second semester and would like to continue coverage, you must sign up at the Bursar's Office by March 1.

http://www.rwu.edu/studentlife/studentservices/healthservices/insurance/

The student insurance plan works in conjunction with your private insurance. All students should also have a copy of their private insurance card. Parents can fax a copy of the front and back of the card to Health Services at (401) 254-3305.

Influenza: Student Flu Vaccine Clinics Scheduled for October

In preparation for the 2010-11 influenza season, Health Services is encouraging all students to be vaccinated with the influenza vaccine. This year's seasonal flu vaccine will contain the H1N1 flu vaccine strain – so only a single vaccine is needed!

In conjunction with the Wellness Company, Roger Williams University has hosted an on-campus flu vaccine clinic this fall on October 6 and October 14.

In addition, the flu vaccine will be available directly from Health Services by appointment. Call (401) 254-3156 to make an appointment. The cost will be $20.

For more information on the vaccine as well as tips on influenza prevention and care, please visit the following links:

• The Rhode Island Department of Health [http://www.health.ri.gov/flu/]

• Letter from Rhode Island Department of Health Director David Gifford to college and university communities in the state see attached above.
On Saturday, September 18, Roger Williams University staff and students turned out to show support for the 2nd Annual Rhode Island Walk A Mile In Her Shoes: The International Men’s March to Stop Rape, Sexual Assault & Gender Violence. This international event has men don women’s shoes to raise awareness about gender violence and sexual assault. This year, members of the RWU men’s group, known as The Locker Room and members of The Women’s Center walked through the streets of Providence in support of the event.

The concept of the walk was first proposed in 2001 by Frank Baird of Westlake Village, California. Women had created a successful rape crisis movement in Frank’s community and he was grateful to have been able to join their efforts. He had worked with Valley Trauma Center since 1993 and wanted to increase the opportunities for men to contribute to efforts to end sexualized violence “Violence against women does not just affect women,”

Baird said. “Men are hurt and angered when women they care about are raped. Men are hurt and angered when they try to develop relationships with women in an atmosphere of fear and mistrust and blame. And the same violence that targets women also targets men because rape isn’t about sex, it’s about power, control and violence.”

The event has gained momentum and is now featured in cities, towns and on college campuses throughout the world. The Roger Williams University Women’s Center hopes to host a similar event on campus in April.

Students wishing to get involved with The Locker Room, The Women’s Center or SAFE (Sexual Advocacy For Everyone) can stop by the Gender Resource Center, located in Maple Hall.
Kelly Thompson

The Roger Williams University Athletic Department is proud to announce the hiring of the new Head Women’s Basketball Coach and Compliance Coordinator, Kelly Thompson.

Thompson comes to Roger Williams from the NCAA’s Division II Stonehill College in Easton, Massachusetts. She spent the past five years as an assistant coach for the Skyhawks, where her duties included recruiting, scouting, strength and conditioning, and fundraising. During Thompson’s tenure at Stonehill, the team put together a 119-40 record and advanced to the NCAA Division II Tournament each season.

Before coaching at Stonehill, Thompson served as the head coach of the women’s basketball team at Russell Sage College in Troy, New York. In addition, she was also the Sports Information Director for Russel Sage’s athletic department.

Thompson is a 2002 graduate of Springfield College, where she played on the Women’s Basketball and Softball teams. She was a two-time captain for the basketball team, and named the NEWMAC Player of the Year in 2001.

The entire athletic department is very excited to have Kelly on board with us!

Men’s Soccer

The Men’s Soccer team kicked off their season in 2010 against Babson College. Babson came away with a 3-0 victory, helped by their aggressive play and willingness to go at the goal throughout the duration of the game. The team next participated in their home hosted tournament, the Turfer Athletic Classic. The Hawks matched up against William Patterson University in their first game of the tournament. A defensive miscue accounted for a late goal for William Patterson, giving them the 2-1 victory and costing Roger Williams a spot in the championship game. The next day in the consolation game, the Hawks faced Norwich University, where the Hawks couldn’t hold on to a 3-1 lead and eventually were beaten by a golden goal in overtime, making the final score 4-3 in favor of Norwich. Despite having a tough tournament, the men’s soccer team bounced back at Curry College in their conference opener. The Hawks were able to capture a 4-2 victory, getting off to a 1-0 start in conference play. Two days after their first win, the soccer team hosted tough out of conference opponent Wheaton College. In what was a hard fought game by both teams, Wheaton was able to come out on top by a score of 3-2, after scoring the game winner in the 82nd minute.

Women’s Soccer

The Women’s Soccer team started off the year by hosting Wheaton College. After holding an early 1-0 lead, the Hawks could not stop Wheaton who rallied in the 2nd half to get the 2-1 win. After this game, Roger Williams headed to Springfield College for the Springfield Invitational. They won their opening game 1-0 against the hosts, sending them to the championship game the next day. In that match, the Hawks were opposed by Eastern Connecticut State University. ECSU came out strong in this match defeating Roger Williams 3-1, and capturing the Springfield Invitational Championship. The following weekend, the Women’s Soccer team traveled to Milton, Massachusetts in a test against conference rival Curry College. They were able to defeat Curry 3-2 in their first TCCC game, improving their overall record to 2-2, and their conference record to 1-0.
Women’s Volleyball

The Women’s Volleyball team has started off the 2010 season on a tear. To kick their season off, they traveled to Willimantic, Connecticut to face Eastern Connecticut State University. After dropping the first set, the Hawks came back to win the next three and start the season with a 3-1 win. Their next challenge came as they attended the Springfield Invitational Tournament, where they were able to reach the championship game. In pool play, the Hawks defeated Lasell 3-0, Westfield State 3-0, and Brandeis 3-0. Roger Williams came up just short in the championship game against Springfield College. Every set was extremely close, but Springfield was able to come away with a 3-1 win to capture the championship. In the Hawks’ next game, they traveled to face Emmanuel College. RWU came away with a 3-0 shutout victory, to continue their hot start. Next for the Hawks came the RWU Invitational, held on their home court here in Bristol. Roger Williams was dominant throughout the day, defeating River 3-2, NYU-Polytechnic 3-0, and Univ. of New England 3-0. This day of dominance earned the Women’s Volleyball team the Invitational Championship, and improved their overall record to an astounding 8-1.

Women’s Tennis

The Women’s Tennis team kicked off their season in a matchup against Babson College, where the regionally-ranked Badgers defeated the Hawks 8-1. Roger Williams quickly turned their season around after the Babson match in their TCCC opener against Gordon College. They were able to come away with a 9-0 win in a flawless performance. The Hawks were able to continue where they left off in their next match against Anna Maria College, posting another 9-0 win. Roger Williams continued their winning ways picking up their 3rd straight victory against TCCC opponent Eastern Nazarene College. The Hawks once again dominated, winning by a final score of 9-0.

Men’s Cross Country

The Men’s Cross Country team opened their season at the Bryant Invitational. They faced a strong field in this meet as the only Division III school. The Hawks held their own as sophomore Mitch Leveille placed 22nd out of the 87 total runners, posting a time of 17 minutes and 20 seconds in the five-kilometer race. Next in for the Hawks was freshman John Ferguson, as he came in 29th place posting a time of 17 minutes, 28 seconds. Cross Country Coach Sean Livingston seemed very happy with his team’s performance in the first meet. Next up for Men’s Cross Country was the RWU Invitational, the first of three meets the Hawks will host this season. Roger Williams ended up coming in 3rd place, led once again by sophomore Mitch Leveille. Leveille finished the race in 16 minutes, 35 seconds, which earned him a 7th place finish out of the 65 total runners. John Ferguson was again the second Hawk across the finish line putting up a time of 16 minutes, 45 seconds, which was good enough for 10th place.

Women’s Cross Country

The Women’s Cross Country team kicked off their 2010 season at the Bryant Invitational. Although no team scores were kept, the Hawks held their own against a tough field of Division I opponents. Liliana Rutler led the way for Roger Williams, completing the 5K course in 21 minutes, 14 seconds. Her time was good enough for 18th place out of the 55 total runners. Next in for the Hawks was freshman Kristen St. Pierre, who put up a time of 21 minutes, 49 seconds, earning 25th place. For the 2nd meet of the season, RWU hosted the RWU Invite, where the team grabbed a 3rd-place finish. Liliana Rutler once again led the way, finishing the race in 20 minutes, 4 seconds, giving her a 7th place finish out of the 87 runners who participated. Next to cross the finish line for Roger Williams was freshman Vanessa Camiolo, as she finished 14th with a time of 20 minutes, 56 seconds.
If you know others who would be interested in receiving this newsletter, or care to change your email address, please send current email addresses to advancement@rwu.edu

While every effort has been made to ensure that information is accurate and up to date, we’re writing about a dynamic educational environment, and it is not possible to guarantee that all items will be accurate at all times.