



A MESSAGE FROM THE DEAN OF STUDENTS

Greetings Parents and Students,

While your students were home over winter break we were busily preparing for their return and the start of a great spring semester. In this newsletter we will be giving you updates on housing room selection that includes important dates and deadlines, advice on how to detect and be aware of prescription medicine misuse by college students, and detailed information on the various things going on around campus.

As we look back on 2011, I'd like to acknowledge a few highlights from the fall semester at RWU. Homecoming and Family Weekend has truly grown into a family tradition for many families, students, and alumni. A new tradition was born on Saturday morning with the kickoff of a 5 K road race around campus. It was fun to see students, parents, faculty, staff and alums all join in on a warm, sunny fall day.

This fall was a stellar season for the RWU athletics department. RWU captured titles in Men's Cross Country (11th straight), Women's Soccer (2nd in three years), Men's and Women's Swimming & Diving (7th straight each), and Women's Volleyball (3rd straight).

Another highlight from the fall semester is the work being done with the Sustained Dialogue Student Club. In this newsletter, junior Jacob Holmes, Lead Moderator of the Sustained Dialogue Club, talks about his experiences getting this club off the ground and the important work they are doing to break down barriers between students. I have had the privilege of advising this club and working with this group of passionate students. Their work to improve the campus climate and make a safe space for discussion around delicate and sensitive issues is so important on a college campus where differences abound! We are so proud of their work and are confident their group will grow spring semester.

Be sure to check out the calendar of events. We want to be sure everyone knows about all the exciting things that are happening this spring. And feel free to contact us if you have any questions or feedback! We are always looking to improve our work with your students, so don't hesitate to tell us how things are going!

Best regards,

Kathleen N. McMahon, Ed.D.

Dean of Students

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HOMECOMING AND FAMILY WEEKEND 2011 UPDATE

The 2011 Homecoming and Family Weekend brought families and students to participate in this annual tradition. The weekend began with our Casino Night and featured our Just Dance Wii competition. This new component of Casino Night has brought out many exciting dance-offs by our families and students. The Campus Entertainment Network (CEN) presented its annual Midnight Madness pep rally for the Winter Sports Team. CEN worked with the Sports Captains, Cheerleaders, and Hawkettes (our Dance Team) to make the event memorable for students and families who were in attendance.

A new tradition was started on the Saturday of Homecoming Weekend with our inaugural Homecoming 5 K race. Students, families and faculty and staff began the morning with a run through campus. The planning committee was excited to have over 150 runners participate including teams of students participating in the team spirit division. Family members were also able to workshops on student adjustment, study abroad, the Parents Association, and internship information. The student body was excited to witness the crowning of the 2011 Homecoming King and Queen. The 2011 Homecoming Court was Amy Catanese, Christopher Green, Jacob DaPonte, Kaitlin Crowley, Jamie Goodwick, Kathryn Swenson, Kirstie Goodwin, Liz Ritchie, Megan Kopf, Meghan Krasenics, Nibal Awad, Rosa Ramirez, and Ziad Al Achkar. Congratulations to our Homecoming King and Queen Christopher Green and Liz Ritchie who were crowned by President Farish.

The highlight of the Homecoming Weekend has been our Annual Autumn Festival where the quad turns into the place to be. From pumpkin painting to magic shows to card readers, there are activities for everyone



to participate in. Students of all ages enjoyed carnival games, arts and crafts, and many of our local food vendors. These vendors included brick oven pizza, homemade apple cider, caramel apples and kettle corn. Families enjoyed some wonderful novelties that were available during the day including getting your family on a water bottle. The Dance Club, Hawkettes, and our A Capella Group 'Special Delivery performed for the crowd as the festival continued during the afternoon. The biggest crowd of the day was reserved for St. Balderick's Day which is sponsored by the Inter Class Council (ICC). The St. Balderick's foundation uses donations to fund more in childhood cancer research grants than any organization except the United States Government. Students and family members were lining up with donations to have their heads shaved to support this worthwhile cause. The RWU community was able to donate over \$16,000 to this charity.

Homecoming Weekend was a wonderful setting to witness the Men's and Women's Soccer teams compete on the Turf Field. During Saturday evening, families and students were entertained by the comedy of The Upright Citizens Brigade Touring Company. This touring company used the college environment to have the audience laughing. Homecoming Weekend ended with the President's Jazz Brunch on Sunday morning. Families were able to enjoy a wonderful jazz performance as they enjoyed Bon Appetite's award winning food. The Homecoming and Family Weekend

Planning Committee hopes that all enjoyed a wonderful weekend and look forward to seeing you for Homecoming and Family Weekend 2012 from October 19th- 21st. Registration will open on July 1st for the event.

Information Concerning Room/Hall Selection for Fall 2012



We know the spring semester is just getting under way, but here in the Housing Office is already preparing for the students to select housing for Fall 2012. We call this process Hall Selection.

There are four main steps that your student must complete in order to secure a room for the Fall Semester:

1. Complete a housing application and turn it in to the Bursar's Office with a \$350.00 housing deposit. Deposits are due as follows: current freshman by Feb. 3, 2012, current sophomores due by Feb. 10, 2012 and current juniors & seniors due by Feb. 17, 2012. Applications are available in the Bursar's Office. Payment must be accompanied by a housing application and made in person by the student at the Bursar's Office. Therefore, it is

best if you send the check made payable to RWU directly to your student. Even if you make an on-line payment, your student must still complete an application and turn it into the Bursar's Office. Turning in an application distinguishes the difference from a payment on the account to having it listed as a housing deposit.

There is no refund of this deposit once a space is assigned or reserved through the hall selection process or by the Housing office. If a student withdraws from housing for any reason, including but not limited to: academic/judicial suspension, transferring, etc. anytime before or during the academic year, a housing cancellation fee of \$350 will be charged to the account. If a space is not reserved or assigned, this deposit will remain on the student's account and go towards any outstanding balance.

2. Students must be financially cleared (no outstanding balance on the account). Students that are not financially cleared will not be able to complete the next step
3. After making the making the deposit, students must Declare their Housing Intent online (agreeing to the Housing Contract) on Feb 22nd – Feb 23rd. Students that do not declare their Housing Intent on-line during this time will not be eligible to receive a lottery number and will not be able to participate in any portion of the hall selection process. Lottery numbers and additional information will be forwarded to students via their university email address on Feb. 27, 2012.
4. Select a room during the hall selection process: February 29, 2012 through March 23, 2012. Students who do not select a room during this time period will be placed on a wait list and assigned in any remaining spaces; including temporary assignments after all new students have been placed.

Most information including the Hall Selection Guide is available on line. This Guide contains all the necessary details, specific dates and timelines for the process. You can also access this guide at <http://www.rwu.edu/studentlife/residencelife/universityhousing/hallselection/>.

Please remind your student that there is a two-year residency requirement for all current freshmen. Also be aware, that by selecting a room during the process your student has entered into a binding contract and is financially responsible for all costs associated during the 2012-2013 academic year. After fulfilling the two year residency requirement, students who decide not to participate in the hall selection process, may not be eligible to return to housing in the future. Keep in mind, class registration begins on March 26, 2012. Students who do not register on time may lose their housing assignment.

Should you have any questions please refer to the Hall Selection Guide online or email us at rwuhousing@rwu.edu.

DEPARTMENT OF PUBLIC SAFETY



The Division of Student Affairs is thrilled to announce that Roger Williams University has named Steven Melaragno, longtime member of the Providence RI Police Department and Class of 1990 graduate of Roger Williams, its new Director of Public Safety, effective Jan. 18, 2012.

The Greenville, R.I., resident retired from the Providence Police Department just recently, following 33 years of service spanning a variety of law enforcement roles and responsibilities.

“Major Melaragno brings extensive experience in community policing, outreach, mediation, management and crime prevention to his new role at Roger Williams and values the importance of maintaining a strong working relationship with the Bristol Police Department,” says John J. King, the University’s Vice President for Student Affairs and chair of the position’s search committee.

“The search committee was impressed with the breadth and depth of his career in Providence as well as his ability to articulate how he would transfer his experiences and skills to the public safety team on a residential campus such as ours in Bristol.”

Melaragno comes to Roger Williams with a successful record of achievement as a law enforcement officer and executive. Since 2008, he has served as Major and Commanding Officer of administration for the Providence Police, where he began his career in 1978 and advanced to Detective in 1984, Sergeant in 1989, Lieutenant in 2001, Captain in 2004 and Major in 2008.

“I’ve spent 33 years as a city police officer, the last nine with a community policing focus,” Melaragno says. “Many of my skills and lessons learned on the job are directly transferable to the campus community at Roger Williams. I look forward to helping the University remain a safe place to live and to go to school.”

Melaragno earned a bachelor’s degree in criminal justice from Roger Williams in 1990, following earlier studies at Northeastern University. Among a variety of professional development experiences, he completed Harvard University’s Senior Management Institute for Police in 2005.

During his tenure in Providence, Melaragno received multiple commendations, including the Larry Gaynor Memorial Award for Community Service from the United States Attorney in 2000. He also serves as a volunteer board member of the Community Mediation Center of Rhode Island, which focuses on non-violent conflict resolution.

After more than three decades of service, Melaragno likens his departure from the Providence Police to going off to college for the first time. “It’s like leaving a family,” he says. “Leaving everything you know and setting off on a new adventure.”

PARENTS ASSOCIATION UPDATE

Hello!

We are looking for parent volunteers to join us at our Accepted Students Days in March and April. As you may remember, Accepted Students Days are a great opportunity for accepted students and their families to visit campus and speak to faculty and deans about their intended major, tour the residence halls, meet one-on-one with financial aid counselors and get to know some of our student leaders and athletes. Having current parents available to mingle with our accepted students and their families adds greatly to the event. You offer a unique perspective that can impact the decision to attend RWU. Who better to talk to incoming parents about RWU than current parents who have been through the process and are loving their RWU experience?

We will also be asking for volunteers to staff our Family Lounge during Move In Weekend in August. Remember back to when you dropped your student off at RWU for their first year? The questions, the concerns, the anxiousness? Our new parents will feel the same way, and having a current parent there to greet them is priceless!

If you are interested in any of these volunteer opportunities or have questions about ways to get involved, please contact me.

Visit our Parents Association Facebook page to make a post and start a conversation. This site is your resource!

Sincerely,

Amanda J. Marsili

Director of Admissions Operations and Outreach

amarsili@rwu.edu

(401) 254-3774

P.S. Don't forget to join us on Facebook at <http://www.facebook.com/rwu.parents>



Winter at the Intercultural Center (IC) is an exciting time!

By Ande Diaz, Associate Dean & Director of the Intercultural Center



Alicia Halley has been the “go to” woman for international programming. Alicia comes to RWU from SIT Graduate Institute in Brattleboro, VT where she studies International Education. Alicia works directly

with the Intercultural Center’s Assistant Director, Maria Adkins to plan International Student programming and serve as the advisor for Global Fest. Alicia was a Peace Corps Volunteer in the southern African country of Namibia where she was a teacher trainer. After returning from Peace Corps, she knew she wanted to work in the international field and took a position with an international development NGO. Through that position she was able to work in Rwanda and Honduras. She realized that international education was her true passion and decided to pursue her Master’s degree in the Fall of 2010.

When asked what she likes most about working at the RWU Intercultural Center she quickly responds: “The students!! They make my job a joy!



I truly appreciate the impromptu office visits where I can catch up on what’s happening OUTSIDE the IC! Plus I am grateful for the opportunity to be a support for our international students. I know what it is like to be thrust into a totally new environment and culture – it can definitely be overwhelming”. She also adds that, “The RWU community has been very welcoming and many people have gone out of their way to make me feel like a part of the university; that means a lot.”

We are looking forward to a Spring semester filled with great experiences for our International Students. Welcome Alicia!

The fall semester included many highlights for the international students here on campus.



The students enjoyed a Boston Duck Boat Tour, a Broadway show to “Les Miserables” in Providence, a paintball trip, and a world trivia night. Students are looking forward to more outings this semester such as a Celtics game, a ski trip and a trip to New York City. The “Hour With” series, which gives international students a chance to share their culture and geography with the campus community, has really taken off with record attendances at An Hour With Nigeria, Saudi Arabia and Vietnam during the fall. This spring the program will

highlight students from the Bahamas and Kuwait. This year has also seen a significant increase in the number of students participating in the Conversation Partner Program. This program partners international students with American students for an hour or two each week to help practice their English and learn about each other’s cultures.

Intercultural Center cont.

The Spiritual Life Office serves to support the spiritual well-being of the RWU community and to enhance interfaith engagement on campus.



The office does outreach through an Interfaith Council, a group of student leaders and their advisors in the Muslim, Jewish, Protestant, and Catholic communities on campus. The Council is working on developing an interfaith spring speaker series that addresses the role of spiritual life in social change and social justice. In addition to the Council, each student club has been making great contributions to RWU's faith life on campus. In the fall, the Multicultural Student Association sponsored two talks about life in Saudi Arabia and a Q&A panel, which featured students talking about the faith and practice of Islam. In addition to regular meetings, InterVarsity Christian Fellowship is currently planning their annual spring break trip to aid with rebuilding homes in post-Katrina New Orleans. The

Newman Club holds weekly Catholic Masses on campus and offers programs on Catholic spirituality. RWU Hillel held a Shabbat in December and is planning activities for Passover in April.

Comfort food Dominican Style



One of the most enjoyable experiences at the IC is tasting traditional food from the many countries and ethnicities in the RWU community. During finals, Jennasis Garcia and Wendy Benjamin took the initiative to share a traditional breakfast so that students, who may have been up all night studying, could get some comfort food. Jennasis shared, "Everything feels ok when you eat Mangu". Mangu is the mash the students created with plantains, water, milk, butter, salt and pepper. Mangu has the consistency of mashed potatoes and the wonderful, cozy feeling of eating the mash too. Many who sampled it especially loved the sausage and fried cheese that was also part of the breakfast, the latter being very similar to Greek Halloumi cheese which is grilled.

The Bridge to Success program employs college student staff to host and mentor local high school youth as part of a college preparedness program.

This fall 24 students from Providence's Mount Pleasant High School arrived for a college visit that included a class on Rock and Roll with music Professor Catherine Hawks, a presentation on college applications by RWU Admissions, and a mentor-led computer lab session on researching potential colleges and finding financial aid. The visit closed with dinner in our nationally acclaimed Dining Commons. The program will bring other high schools to campus for similar programming this spring. Our February visit will be the Times Square Academy whose visit will be sponsored by the RWU Law School and include a class by law Professor Jorge Elorza.

Fall Semester 2011 Review

By Sean Thompson, Assistant Director of Student Programs and Leadership



The Department of Student Programs and Leadership's (SPL) SOAR program has had an amazing fall semester in 2011. With over 80 Roger Williams University students participating in three tiers, leadership was redefined and revitalized. The goal for SPL was to make leadership opportunities and skills attainable for our students so that they can start a movement...a social change for our campus community. The three tiered program challenged our students to apply what they've learned, from the facilitators and each other, and really internalize the different facets of the Social Change Model.

This could not have been achieved without the innovation of the students and the tireless efforts of the co-facilitators, our very own professional staff and upper classmen. These co-facilitators strive to teach the SOAR students to critically think about their identities and how to use their own skills, talents and experiences to improve their own lives as well as the lives of others. For seven weeks, the cohorts have studied and put into practice the many facets of leadership, stressing that it's more about action than a person's position or title.

So many great thought provoking questions perplexed the students and facilitators dealing with diversity, socio-economic issues, and privilege just to name a few. Each tier had a specific focus and it amounted in revelations that changed everyone who participated. The Emerge tier, which concentrates on the individual, discovered their own leadership style while also realizing how they can positively affect others. The Develop tier created Social Change capstones whose aim was to better the campus community through awareness, action and reflection. They wanted to target their efforts of safety on campus and did a lot of research on how we keep our campus safe.

The Lead tier, which is the most advanced tier, had a great semester by continuing our relationship with Mt. Hope High School. Mt. Hope High institutes a mentorship program, where their seniors

create mentoring relationship with their high school freshmen. The RWU Lead students were instrumental in teaching the high school mentors techniques and activities to help them facilitate their own pseudo leadership program. In November, we had the opportunity to meet with the mentors and discuss "Consciousness of Self" and how important it is to start the journey of discovering one's self. It was a great training session, and the high school students saw the importance of the topic and were very happy that we came to spread the word of Leadership.

November also saw the birth of SOAR's Leadership Challenge! We invited well renown motivational and leadership speaker Michael Miller to test the leadership skills of our students and keep them excited about leadership and motivating others. The students really loved the excitement and enthusiasm Michael brought to RWU and they are ready to continue their learning and adventures. Along with the addition of the Leadership challenge, we are creating another tier, IMPACT! This tier is focused on honing all of the skills learned in the previous tiers and applying it to mentorship and group facilitation. Completing this semester-long tier will help you in your transition to co-facilitating SOAR classes for the future. With the new tier, students are able to apply continuously in the program without pausing for a semester. So, right after Emerge, you can apply for Develop and so on.

Impact will start in the spring semester of this academic year, and with our new mantra "Learn to Lead, Lead to Succeed," we are excited to recruit more student hopefuls that want to learn about themselves and make a difference in the community. If you have any questions on how to get involved whether it's becoming a SOAR Student, co-facilitating, or nominating potential leaders, doesn't hesitate in contacting Sean Thompson at sjthompson@rwu.edu!

CAREER CENTER – Help Your Students Success

By Susan Caizzi, Associate Director of Career Center & Patricia Finn, Assistant Director of Career Center

Have your student come back to school prepared to meet potential employers! The spring semester will provide a number of opportunities to network including the Science and Math Career Panel and Networking Reception, Gabelli Networking Reception, the Career Conference and the Annual Career Fair. Interviewing for summer internships or post-grad full-time jobs are also available via our On-Campus Interviewing program. Students need to bring the professional attire needed to make a great impression.

Try to pack some of the following:

Men and Women Interview Dress

- Conservative two-piece business suit (solid dark blue or grey is best)
- Conservative long-sleeved shirt/blouse (white is best, pastel is next best)
- Clean, polished conservative shoes

Have:

- Well-groomed hairstyle
- Clean, trimmed fingernails
- Minimal cologne or perfume
- Empty pockets with no bulges or tinkling coins
- No gum, candy, or cigarettes
- Light briefcase or portfolio case
- No visible body piercing (nose rings, eyebrow rings, etc.) or tatoos



Encourage Your Student to Conduct an Informational interview to Get the inside scoop on careers

The what and why of informational interviews

An informational interview is a brief meeting between a person who wants to investigate a career and a person working in that career. The interviews usually last 20 to 30 minutes. The purpose of an informational interview is not to get a job. Instead, the goal is to find out about jobs a student might like-to see if they fit interests, skills, values and personality.

Specifically, interviews can help a student:

- * Learn more about the realities of working in a particular occupation
- * Decide among different occupations or choose an occupational specialty
- * Focus career goals
- * Discover careers you never knew existed
- * Uncover your professional strengths and weakness
- * Find different ways to prepare for a particular career
- * Gather ideas for volunteer, seasonal, part-time, and internship opportunities related to a specific field

Informational interviews also provide an inside look at an organization. And these interviews aid in polishing communication skills, helping jobseekers gain confidence and poise before the high-pressure situation of a job interview.

CAREER CENTER – Help Your Students Success cont.

Internships Lead to Jobs



Ever think about a 12-week interview for a full-time job? Interning can be one of the best channels for an employer to learn who is a good fit for their organization. According to the National Association for Colleges and Employers (NACE) conversion rates are over 58%! This percentage has nearly doubled since 2005.

So what qualities are employers looking for? Generally speaking, employers want interns who are self-motivated, organized, and have excellent communication skills. These are skills that employers know will carry an intern through no matter what project he/she is working on.

There are also several advantages to being an intern. First and foremost, an organization has the chance to view a student's capabilities for an extended period of time. Students should take full advantage of every opportunity to learn, take on new projects, and meet people. Likewise, students get to learn about the company and know if it is a good fit. Next, students are able to network. Students should keep in touch with work connections and utilize his/her network. Another important advantage is that students are able to build their confidence level by having a better understanding of how to get the job done and what a supervisor wants.

Encourage your student to do at least one internship while they are at Roger Williams University. Students need to be proactive, show an eagerness to learn, and take advantage of ALL opportunities within the organization. They need to have a positive attitude and be open-minded. All opportunities can lead to success!



Sustained Dialogue at Roger Williams University

By Jacob Holmes, RWU sophomore Marine Biology major



The 2011 fall semester marked the start of what will become an exciting change on the Roger Williams University campus. Our university recently became a member of the Sustained Dialogue Campus Network (SDCN), an organization that spreads the message of sustained dialogue in college campuses around the world. Other members of this network include Harvard University, Princeton University, and the University of Virginia, to name a few. The main result of our membership in SDCN was the formation of a Sustained Dialogue Club on campus. Sustained Dialogue can be described as a concentrated effort to facilitate discussion, and eventually create positive change over lines of difference. The goal of the club is to utilize differences as strengths in order to improve the Roger Williams University Campus. We strive to bring a diverse group of individuals together to

discuss sensitive issues, and to eventually organize and lead events on campus to solve these issues, or improve the conditions related to them. The issues discussed generally fall into one or more of these categories: race, ethnicity, religion, sexual orientation, socio-economic status, age, gender, and ability. These are collectively known as the big 8 dimensions of social identity. The Sustained Dialogue Club conducted its first set of successful dialogue sessions this semester, which culminated in a larger scale activity with the goal of spreading awareness of stereotyping on campus.

The ideal sustained dialogue group meets once a week over a period of 5-7 weeks to discuss an issue related to one of the big 8, and eventually formulates a plan to resolve the issue, or at least improve any situations on campus related to the issue. The Roger Williams University Sustained Dialogue Club's activities during the past semester serve to illustrate this concept. There were two dialogue groups, who each chose one issue to focus on. The group I participated in and moderated chose to focus on stereotyping on campus, which could fit into any of the big 8 categories. After discussing and analyzing this topic extensively, we organized an activity in which members of the Roger Williams University campus wrote down why they did not fit the RWU stereotypes. The responses were then posted in the campus dining hall for all to see. Overall, we received over 200 responses from students.

“Sustained dialogue has thrived for the first time on the Roger Williams Campus.

I have been honored to take on a leadership position for its first trial semester. I feel that I have gained many skills from it. I feel like I have learned how to be an effective leader, and I have also learned how to speak up. It has benefited me in many ways. I have been able to express my views on difficult subjects, and I have met a lot of new people who I have found either agree with what I have to say, or open my eyes to views I otherwise would not think about. I am hoping for great success in the coming semester.”

Sustained Dialogue at Roger Williams University cont.



As one of the moderators in the club, it was my job to lead and facilitate the weekly dialogues that were held this semester. This position gave me the opportunity to observe the dynamics of the group over time. It was both fascinating and rewarding to see how the group evolved and changed. At first, the members were a bit reluctant to share

their ideas openly with the group, but as time passed and people became more comfortable with each other, the ideas started flowing. Overall, the experience of being in this club was an extremely positive one. I learned a great deal about the different views people hold in relation to the big 8 on campus, and built relationships with individuals that I might not have interacted with otherwise. The most valuable thing I learned as a result of being a member of this club was that it is possible to discuss sensitive issues with others, regardless of differences, and eventually work to improve understanding and appreciation of diversity on campus and beyond.

I will conclude by presenting some quotations taken from fellow club members, when asked to describe their experience in the Sustained Dialogue club this semester, and how it was a beneficial experience for them.

“SD gave us the means and opportunity to step out of our comfort zones, and get to know people that are different from us in a deep level.”

“Sustained Dialogue really helped me find a place on campus. It was amazing to see people who shared the same views on our campus as I did, when I previously thought I was alone. After creating the club with everyone else who joined the summit, I improved my relationships with others and learned valuable skills that have helped me in situations I normally would not know how to react. Overall, my experience and work with Sustained Dialogue has been incredibly rewarding and I have learned so much. I am thankful for joining and meeting the wonderful people in this program.”



HEALTH SERVICES UPDATE

Just a few health reminders to parents and students as the spring 2012 semester begins:

Have a new Health Insurance Card?

If your **private health insurance or prescription plan** has changed please fax a copy (front and back) to Health Service so we can put it in the student's health record. Fax to # 401-254-3305, or have your student bring a copy of the card to Health Service on their next visit.

Cold and Flu season

As we all know with winter comes cold and flu season. Living in close proximity to one another, as college students do, lends itself to spreading germs and illness. Protect yourself:

1. We encourage everyone to get an influenza vaccine. This can be done at Health Service. Please call 254-3156 for an appointment. The cost is \$20.
2. Healthy lifestyle with proper sleep, diet and exercise is the best defense. In addition the importance of good hand washing and general hygiene should not be underestimated.
3. If our students develop symptoms of upper respiratory infection or influenza they can be seen at Health Service for assessment and care. The following website provides important information about Flu prevention, assessment, and treatment. <http://www.health.ri.gov/flu/>

Spring Break is right around the corner!

In a blink of an eye the days of spring will be upon us. Many students are already planning for spring break. This can be a much needed opportunity for rest and relaxation. Whether a student stays local or takes advantage of the time to travel a little planning can go a long way for a fun, safe spring break. The following link may provide helpful information specific to college spring break and general traveling consideration.

<http://www.cdc.gov/>
www.vanderbilt.edu/alcohol/springbreak.html
www.travel.state.gov



STUDENT PROGRAMS AND LEADERSHIP UPDATE



Powder Puff Football Game



CEN with Fall Concert Performer Andy Grammer



Oozeball Mud Volleyball as part of Junior/Senior BBQ



CEN Winter Snow globe photo program



Dance Club Fall Show



Dance Club Fall Show

The Department of Student Programs and Leadership had a very active event semester for the Fall. With over 60 clubs and 7 organizations, there always seems to be something going on for the student body. Student Involvement highlights include:

- WQRI 88.3 success Fall Concert starting Badfish with record attendance of over 700 students
- Inter Class Council (ICC) successful Oozeball (mud volleyball tournament) for the Junior and Senior Class
- Campus Entertainment Network (CEN) presented Excellence in Programming at the Fall National Association for Campus Activities Northeast Conference
- Our Alternative Spring Break group has become an official Habitat for Humanity Chapter
- American Institute of Architecture Students (AIAS) hosted a successful Regional Quad Conference
- Student Senate cosponsored the Crime Prevention Fair with the Department of Public Safety
- Inter Residence Hall Association (IRHA) and National Residence Hall Honorary (NRHH) hosted the Knot-a-thon Event where fleece blankets were created for Hasbro Children's Hospital
- The Hawkettes Dance Team and Foundation of International Medical Relief (FIRMC) hosted *So your Professor Can Dance* Fundraiser
- New Clubs started include: American Experience Club, Colleges Against Cancer, Sustained Dialogue, Students for a Sustainable Future, Film Production Club, Art Club, and the Hawketts Dance Team

ZIPCAR IS HERE!

By Scott Yonan, *Director of Special Projects*

Zipcar is now available to all RWU students 18+, faculty and staff. Zipcar is wheels when you want them, literally. With Zipcars parked on campus, all you have to do is decide where you want to go and when. Zipcar's cutting edge technology allows you to reserve online or on your mobile device, 24/7. Low hourly and daily rates include gas, insurance, and 180 miles per day. Why deal with having a car on campus? RWU Zipcars are located by the Fine Arts Building, across from Maple Hall. They are available for reservations NOW!



MEMBERSHIP FEE:

\$25 (year 1.... \$35 each year thereafter)

ZIPCAR GIVES YOU

\$35 of Free Driving
(to be used within a month)

RWU ZIPCAR RATES

(includes insurance & gas)

HONDA CIVIC

\$8 per hour/66 per day – Weekdays

\$9 per hour/72 per day – Weekends

FORD FOCUS

\$7 per hour/66 per day – Weekdays

\$8 per hour/72 per day – Weekends

For more information or to become a member, go to www.zipcar.com/rwu

Or contact Scott Yonan, Director of Special Projects, at syonan@rwu.edu or 401-254-3389

THE Rx IS YOU

By Donna Lynn Darmody, MS

Director of the Health Education Office and Coordinator of Alcohol Prevention Efforts

As parents you have probably heard Roger Williams University invite you to partner with us in our prevention efforts. Maybe you read our **Parents You're Not Done Yet** brochure or attended our Orientation session where you received information on how to talk about decisions around alcohol with your son or daughter. While alcohol abuse and binge drinking still top the list of substance abuse issues on college campuses there is a new growing and unaddressed problem and we need your help. The issue is the non-medical use of prescription drugs-most notably stimulants, sedatives and pain relievers. These drugs are effective in treating many medical conditions. Many students are mistaken in their belief that prescription medications are safe because they are FDA approved and prescribed by a doctor. But, they should only be used by the person they were prescribed to and under a doctor's supervision. Using these drugs the wrong way or without a prescription puts students' health at risk. The risk is even greater and could be fatal when these medications are used with alcohol.

First it is important to know that not all college students are using prescription drugs illegally and most recognize the personal and legal risks involved in doing so. However we need to consider the facts put forth by the National Council on Patient Information and Education's coalition to promote safe medicine use. (www.talkaboutRX.org):

- By a students' sophomore year in college, about half of their classmates will be offered the opportunity to abuse a prescription drug (Aiaa, 2008).
- About one in four people aged 18 to 20 report using medications not medically at least once in their lives (NSDUH, 200*).
- Non-medical use of pain relievers is on the rise among college age youth (SAMHSA, 2009a)
- The college age group has the highest prevalence rate of non-medical use of prescription opioids in the United States (McCabe et al, 2007).
- Students misuse of prescription stimulants to pull all nighters is most likely to begin in college (Teter et al, 2006).
- Among 18 to 22 year olds, college students are twice as likely to use a stimulant not prescribed to them compared to those that are not in college (SAMHSAB,2009)

To get a better understanding of this growing problem we need to look at the intention and motivation for use. Intention can either be misuse or abuse. Misuse is taking their own prescription in a different way or at a higher dose in order to self medicate to feel better and alleviate symptoms or using someone's else's prescribed medicine to self medicate such as popping a friend's pain medicine to ease the discomfort of a sprained ankle. Prescription drug abuse involves using the medicine to "get high" and often involves crushing and snorting or injecting the pills or combining them with alcohol. College students report a variety of motivating factors such as: improve their grades, concentrate more in class, pull all night study sessions, diet, reduce stress, feel good, ease nervousness, enhance athletic performance and forget their problems (McCabe et al, 2007). Unlike recreational users, students that use prescription medicine to improve concentration and academic performance don't usually see their behavior as risky or illegal. This casual attitude only compounds the problem.

You might be wondering what role, if any, you as a parent can play in addressing this problem. First, bring the topic of prescription drug misuse and abuse up in a conversation with your son or daughter. Some opening questions might be: "What do you know about the misuse or abuse of prescription medicine?" "What might be the risks in using these medicines?" "What do they think about using them for academic reasons?" "What will you do if someone asks you for one of your ADHD medicines?" Provide information when needed. Tell them that your expectation is that they will not use in this manner nor give away any of their own prescribed medication. One of the most common sources of pain medicine is when students have injuries or surgery. If they have their wisdom teeth removed ask the doctor to only fill the prescription for two days worth of pain medicine and make sure that they left the prescription at home when they go back to college. Monitor the number of refills for any regularly prescribed medicine. Get rid of any of your unused household medications properly. For disposal information visit www.smarxtdisposal.net.

Believe it or not the Rx for helping prevent this problem could just be you.

MR. RWU SPECTACULAR PAGEANT 2011

By Megan Dumaine, *Coordinator of Residence Education*



The Mr. RWU Spectacular Pageant had another amazing show. This year the students involved raised \$26,426 for HASBRO Children's Hospital in Providence, Rhode Island, which brings the total amount raised over the past ten years close to \$175,000. The students worked diligently for more than ten weeks raising money, creating talent skits and working together to master the opening dance. They brought new energy to the program for the 10th annual year, creating new fundraisers including an Art Sale and feeding the campus with food ranging from quesadillas to burgers and pancakes.

Per tradition, three awards were given out at the end of the show: Most Funds Raised, Mr. Congeniality and Mr. RWU. This year, the Sacchetti Award was added to highlight the student involved who demonstrated the most commitment to the program through their efforts. This award was created to honor Carol Sacchetti, the founding advisor of the Mr. RWU Spectacular. Kolby Martineau and Lenny Carlucci tied for Mr. Congeniality, while Brian Byrne was awarded Most Funds Raised, Sacchetti Award and Mr. RWU 2011!

All of the students involved worked with enthusiasm and dedication to raise money for our cause over the process. They are Kenny Ermann, Jill McDairmid, Marc Julian, Meg

Kopf, Jeff Pini, Lily Rutler, Henry Linder, Kerry Nugent, Lenny Carlucci, Sarah Jeanfavre, Chris Sweeney, Cindy Brenner, Jacob Madwed, Taylor Sambrook, Brian Bryne, Jessica Hallock, Adam Semple, Sarah Kuhn, Kolby Martineau, Melissa Avery, Samantha Cloutier and Amy Roach.

The Center for Counseling and Student Development for Fall 2011

By Dr. Christopher Bailey, Assistant Director of the Center for Counseling and Student Development



The Center for Counseling and Student Development is committed to extending our services beyond the physical boundaries of our offices. The Center launched the well-received Student Success Series during the fall semester. It consisted of weekly programs designed for students featuring a variety of topics. Some of these included: “Happiness”, “Healthy Relationships”, “Dreams”, “Perfectionism”, and “Dealing with Anxiety”. Students evaluated the Student Success Series highly and we plan to repeat it this spring.

In addition, the Counseling Center utilized the National Depression Screening Day in October as another form of outreach to the general population of students. During the Screening Day students had the opportunity to immediately consult with a counselor. The screening quickly provided them with feedback about any level of anxiety or depression they might be experiencing. Students were also invited to make an appointment with a counselor for a follow-up session at the Center.

The Center continues to support students for a range of concerns, including, but not limited to homesickness, anxiety, depression, and relationship problems. 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, parents are welcome to call to consult with one of our counselors about any concerns about students. 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. The Center is open during the academic year Monday through Friday from 8:30AM to 4:30PM.



Two Student Perspectives on Careers in Student Affairs: *Reflections on the Student Affairs Leaders of Tomorrow Conference*



S. A. L. T.

Student Affairs Leaders of Tomorrow

Reflection submitted by Griffin Labbanche, Senior Education Major

Students don't usually come to college knowing that they'll want to major or minor in the student affairs field, even more so, students don't usually come to college knowing that working with college student's residential experience is even a possibility. This interest and passion is built over time, by either positive experiences from others or even negative experiences. I had the experience of being exposed to both type of interactions. A few years ago, the field of student affairs was becoming more and more intriguing to my future and me but I knew that it wouldn't come easy. It was going to take work and experience to gain the knowledge that it was going to take to succeed in the field. S.A.L.T seemed to be the perfect conference to begin to make a career out of the experiences I had grown to love on campus.

I didn't know what to expect for the conference because I didn't know anyone else who had been before but while attending the conference, I found the unknown to play a positive role. S.A.L.T is a conference full of students with the same interest, to better the campus that they live on, through their

own actions and also through assisting others. We all arrived at the conference, coming from campuses where we each play a significant student leadership role. I was surprised to meet students who seemed to do almost everything on their campus, from student government, residence life, Greek life, work study, and still somehow fits in academics. These are the kind of students that will make amazing leaders in the student affairs field. I wasn't surrounded by over achieving students, I was surrounded by students doing what they love to do, and doing it well.

I wasn't given a job at the conference, and I didn't find out exactly what I wanted to do with my future, but I did realize that this is a field that I knew I wanted to experience. If nothing else, the connections and interactions that everyone made throughout the weekend will be beyond worth my time spent there. This is a conference that everyone and anyone interested in the field should attend. The conference won't plan a future for you but it will show you all of the beneficial reasons for being immersed within the field.

Two Student Perspectives on Careers in Student Affairs: *Reflections on the Student Affairs Leaders of Tomorrow Conference*



S. A. L. T.

Student Affairs Leaders of Tomorrow

Reflection submitted by Alexander Villagomez, Senior

Life can be uncertain. The concept of graduating in four months falls nothing short of terrifying me. Ideally, our college experiences have prepared us for “the real world,” and, ideally, we’re all ready to make that next big leap of faith – applying to a job and joining the work force. My personal path has led me to the field of education, and yet even knowing the exact field that interests me I was still uncertain of what my next move was going to be. Do I take a teaching job in grade school or maybe secondary education? Or do I want to take a job in higher education? Should I be in the classroom, or do I want to live in a residence hall and work to cultivate an environment? A myriad of questions rattled around in my head as I carried on my day-to-day life.

When a colleague informed me of the NASPA Student Affairs Leaders of Tomorrow (SALT) conference I was intrigued. Student Affairs is a field that I have been contemplating for some time, and with all these thoughts in my head about what direction to take, I figured why not? So I decided to apply. Through a scholarship from Roger Williams University I was able to attend the conference and pursue one of many interests.

Attending the SALT conference was and is one of the best decisions I have made in my short time at RWU. We began the two-day conference with the typical ice-breaker exercises, and from there we jumped right into the content. Over the next 24 hours I took in such an overwhelming amount of great information, job and graduate school opportunities, and new friends in the field that I needed another week to process everything!

We heard from professionals about our digital identity, and heard from long time educators and current

college recruiters with some awesome programs. Between the three I learned not only about the hundreds of different paths I could take to higher education but also the very best ways to approach them. In one session we had six professionals circulate groups and each one told us about their unique journey on how they ended up in student affairs. We had the chance to ask them any question we wanted, and a lot of clarity came from their responses. While each person had such a different story about how they ended up in education, there were some common themes. One of those themes was basically along the lines of, “No one should have to pay for graduate school.”

That theme was further emphasized when we attended the section for college recruiters. Our panel, made up of about ten different schools, offered really cool programs that included free graduate school, and many even offered free room and board!

Learning about the different possibilities was such an eye-opening experience, and coupled with the opportunity to network with both long-time professionals and fellow professionals-to-be made those two days unforgettable. I now look to the future with a little more certainty, but that isn’t the important part. The most important take-away from attending the SALT conference is seeing how many other students are excited to dedicate their life to this field of work. With such a strong and enthusiastic support group all over New England, I know that no matter which path I choose I have friends at every school and institution willing to share their experiences and expertise. And knowing a person or two has never seemed to hurt an application either!

WINTER EXTERNSHIP 2012

By Robbin Beauchamp, *Director of the Career Center*

Last year, the Career Center rolled out a new all-university program called Winter Externships. This program is open to all full time undergraduate students from all class years. Students have an opportunity to shadow professionals in the career field of the student's selection and in a geographic location where they will be during the January intersession.

The purpose of the program for students is to; inform them about the numerous career paths available to them; help them to confirm their choice of major, to add a second major or minor, or to change their major; help them gain an understanding of a particular field; help them with the future transition from higher education to work; help them to build a professional network; prepare them for the work place by providing realistic information on occupations, skills, and responsibilities; prepare them for next steps such as internships and full-time positions; provide an increased understanding of the employment trends, salaries, and advancement in a specified field; and provide exposure to a variety of departments and/or organizations that help students evaluate future offers.

The Career Center began recruiting employers during the summer to participate in the program. This winter, we saw 57 employers offer 174 shadowing experiences. We saw an increase from 150 to 180 students register to participate and the Career Center was able to find an opportunity for 157 of them, an increase from last year of 30%. We required all students to attend a pre-departure meeting to review expectations. Of the 157 students invited, 126 attended. Many of our students elected to do two externships and a few hardy souls did three. This year, we increased the number of actual site visits by 40%, having 154 scheduled.

The Winter Externship program has been successful for a number of reasons. The most impactful is the first-hand exposure college students' gain. Since they have so many options and choices of majors and then careers available to them, this experience does help them to consider new opportunities and helps to solidify decisions they have already made in relation to majors.

Here is what some of our students had to say about their experience:

"I got to explore an organization I never knew about. This was an eye opener."

"It related to my interests/things I learned in my classes;
opened my eyes to events that I didn't realize; loved the field trip!"

"I liked seeing/being in the actual business environment to see what I could potentially be doing someday."

"I liked learning new things about my desired field of study."

I liked "Being thrown right into a real-life situation. They didn't sugar coat the job which was great."

"I liked how well I was treated and how the workers acted toward each other. They were funny and nice.
Also, I liked being able to try out two positions at my externship site."

"It really opened my eyes to help me to see what I would want to do and get to try out."

"I liked the opportunity to connect with people in my field and make connections."

**If your student had done an externship, congratulate them and ask them all about it.
If he/she hasn't yet, encourage him/her to do at least one next winter.**

RWU Athletics – Fall Semester Review

By Nicholas Williams, *Athletics Communication Director*



The Hawks enjoyed one of the best fall semesters since joining the Commonwealth Coast Conference with five CCC Coast Conference Championships. RWU captured titles in Men's Cross Country (11th straight), Women's Soccer (2nd in three years), Men's and Women's Swimming & Diving (7th straight each), and Women's Volleyball (3rd straight). In addition, the Hawks celebrated the best winning percentage in the fall in school history, with the four primary fall teams (Men's Soccer, Women's Soccer, Women's Tennis, Women's Volleyball) finishing the season at a .747 winning percentage.

For Men's Cross Country, freshman Kevin Terbush placed first in the championship meet with a time of 27:43 to earn both CCC Runner of the Year and CCC Rookie of the Year honors. Continuing in the postseason, the Hawks placed 17th in the NCAA New England Regionals. Terbush placed 102nd overall with a time of 26:51.82, John Ferguson at 104th (26:51.89), and Sean Doyle with his personal best time of 27:17.12.

The Women's Soccer Team received numerous awards following a successful season. Seniors Michelle Meagher and Alexa Maher were selected to the NEWISA All-New England Second Team, and Laurin Pendleton received Third team honors. Meagher and Pendleton were also

selected to participate in the New England Women's Intercollegiate Soccer Association (NEWISA) Senior Bowl. Also, The Men's and Women's Soccer teams were both recognized as 2011 National Soccer Coaches Association of America (NSCAA) Team Academic Award recipients, marking it the first time that both teams have been recognized. Roger Williams is only one of two teams in the Commonwealth Coast Conference (Salve Regina University) to have both the men's and women's programs recognized for the 2011 season.

Highlighting the teams' performances was the Women's Volleyball team, setting a new school record for single-season winning percentage at .875 after going 28-4 on the year. With their fourth straight 20+ win season, the Hawks had many player awards that followed their team's achievements. Seven players earned All-CCC honors, including 2011 CCC Player of the Year Marybeth Torpey and 2011 CCC Libero of the Year Kelsee Loche. Torpey, Loche, and Krystie Luczynski were each also recognized as All-New England players, as Torpey was named NEWVA All-New England Honorable Mention, Luczynski as NEWVA All-New England Second Team, and Loche as AVCA All-New England Honorable Mention. Senior Natasha Sopchak ended her final season at RWU, placing 4th in school history records with 135 block assists. The three senior Co-Captains finished their careers here at RWU with 100 total wins.

The Men's and Women's Swimming & Diving teams won claimed the CCC Championship in the Snowball Invitational. The men's team totaled 856 points, defeating the field by a 549-point margin, while the women's 695.5 points was 213.5 points better than the second place team. The men claimed wins in the 400 Medley Relay, the 200 IM, 200 Free Relay, and the 500 Free in which Tim Ragan (Topsfield, Mass.) finished first in 5:01.95. The women won the 500 Free, 200 Free Relay, and 400 IM, with Alana Mercurio taking the top spot.

STUDENT AFFAIRS SPRING 2012 CALENDAR OF EVENTS

January

23rd & 24th New Student Orientation, Various Locations

February

2nd Soup and Game Night for International Students 6 p.m. Intercultural Center
 3rd Boston Celtics Field Trip Bus leaves at 5 p.m. Intercultural Center
 3rd Junior Class Semi Formal, 6 p.m. Newport Marriott
 4th Orientation Advisor Selection Process, 11:30am-3:30pm Baypoint
 21st University Closed for President's Day
 22nd Ash Wednesday Services, Rec. Center
 25th Wachusett Mountain Ski trip International Students 7 a.m. Intercultural Center
 29th An Hour with the Bahamas 3 p.m. CAS 157
 Bridge to Success Campus Visit Intercultural Center
 Career Center Target Store Behind the Scenes 12 p.m.-4 p.m. Warrick MA

March

3rd Women's Center Presents: V-Day, Campus Rec. Center
 6th Career Center Gabelli School of Business Networking Reception 5 p.m. MNS Lobby
 7th Career Center Tour of Target's Investigative Center, 8:30 a.m.-3:30 p.m. Westborough MA
 Career Center Science and Math Career Panel and Reception 4 p.m. MNS Building
 Bridge to Success Campus Visit Intercultural Center
 9th Residence Halls close at 7 p.m. for Spring Break
 11th-19th Spring Break
 Habitat For Humanity to Hanover, Virginia
 Inter Varsity for Christian Fellowship Spring Break Trip to New Orleans, LA
 Foundation of International Medical Relief for Children Spring Break Trip to El Salvador
 18th Residence Halls Open at 12 p.m.
 20th Career Center RI Consortium of Educators (RICE) Job Fair 4 p.m. Warwick Crowne Plaza
 21st An Hour with Kuwait 3 p.m. CAS 157
 28th Career Center 16th Annual Career Fair 1 p.m. Campus Recreation Center
 31st Inter Class Council Cake-Off Fundraiser for Dana Farber, 1pm Campus Rec. Center

Student Affairs Spring 2012 Calendar cont.

April

2nd	Senior Commencement Ball Tickets on Sale, Campus Recreation Center
4th	Global Fest 12 p.m.-3 p.m. Campus Recreation Center Up Till Dawn Fundraising Event for St. Jude Hospital Student Senate and Class Officer Elections (4th and 5th)
6th	University Closed Good Friday Service TBA Intercultural Center
7th	Passover begins; Seder TBA Intercultural Center
8th	Easter Sunday
11th	Bridge to Success Campus Visit Dance Club Show, 8pm Campus Rec. Center
14th	Public Relations Student Society of America (PRSSA) Gala, Details TBA Campus Entertainment Network End of Year Comedian, 8pm Campus Rec. Center
15th	Easter Sunday, Orthodox Christians Week of 16th Holocaust Remembrance Speaker Series TBD Intercultural Center
21st	International Student Trip to New York City 7 a.m. Intercultural Center
25th	An Hour with Panama CAS 157 3 p.m. Week of 25th Campus Entertainment Network Spring Weekend

May

5th-6th	Colleges against Cancer Relay for Life, Campus Recreation Center
7th	Athletic Banquet, 6pm Campus Rec. Center
8th	Student Involvement Recognition Reception, 6pm Campus Rec. Center
10th	Intercultural Center BBQ
11th	Last Day of Classes Inter Residence Hall Association Late Night Breakfast, 9pm Dining Commons
11th-16th	Exams
12th	Senior Class Commencement Ball at the RI Convention Center
15th	Graduate Hooding Ceremony (graduate students only), 6pm Campus Rec. Center
17th	Residence Halls Close (except graduating Seniors) 12 p.m. Intercultural Center Senior Brunch Commencement Rehearsal/BBQ, 12noon, D'Angelo Common & Campus Rec. Center
19st	Commencement, 9:30 Processional. 10am Ceremony Residence Halls Close for graduating Seniors 7 p.m.

If you know others who would be interested in receiving this newsletter, or care to change your e-mail 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.



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