FIT RESIDENTIAL LIFE OFFICE

ON-CAMPUS

RESIDENTIAL LIFE NEWSLETTER

AUGUST-SEPTEMBER 2010

RESIDENTIAL LIFE OFFICE

27th Street
(212) 217-3900
31st street Kaufman Hall
(212) 217-3930
http://www.fitnyc.edu/residentiallife

RESIDENT COUNSELORS:

Alumni Hall
Joshua Wilkin
joshua _wilkin@fitnyc.edu

Co-ed Hall
Kyle Zack
kyle_zack@fitnyc.edu

Nagler Hall
Vivian Chen
vivian_chen@fitnyc.edu

Kaufman Hall
Danielle Wyck
danielle_wyck@fitnyc.edu

Joseph Gaschen, Assistant Director of Operations

Gabrielle Arthurton-Crumb, Assistant Director of Judicial Affairs

Ann Marie Grappo, Director

IN THIS ISSUE

Welcome Back!	1
Campus Resources	1
Mandatory Res Life Requirement	1
College Survival Tips	2
Overnight Visitation	2
Donation Update	3
Subway Safety	3
Res Hall Upgrades	3
RC Lobby Visits	3
Join RHCC!	3
Events in NYC	4
Safety in NYC	4

WELCOME!

Residential Life would like to welcome you to a wonderful new academic year at FIT! We encourage you to get involved in your community. This is your home away from home; please take the opportunity to make it safe and friendly. The Residential Life staff, Resident Assistants (RA), Building/Residence Hall Managers (BM/RHM), and Resident Counselors (RC) are here to help you succeed not only academically, but with your personal growth and development, so do not hesitate to let us know how we can help YOU! Best of luck this year!

Campus Resources

COUNSELING CENTER
Location: A212B
Phone: (212) 217-4260
Fax: (212) 217-4261

FOOD SERVICES
Aramark
Location: A Building Ground Level
Phone: (212) 217-5770

HEALTH INFORMATION
Health Services
Location: A-402
Phone: (212) 217-4190

MAINTENANCE
Building & Grounds
Phone: (212) 217-4440

SECURITY
Location: D-442
Phone: (212) 217-7777

STUDENTS WITH DISABILITIES
FIT-ABLE OFFICE - Programs and services for students with disabilities
Location: A-570
Phone: (212) 217-4090

TUTORING CENTER
Academic Skills Tutoring Center
Location: A-608B
Phone: (212) 217-4080
Fax: (212) 217-4081

MANDATORY RESIDENTIAL LIFE ORIENTATION REQUIREMENTS FOR OVERNIGHT VISITATION

new students

1 alcohol course — Complete the mystudentbody first year alcohol course.

2 floor meeting — *27th Street- Sunday 8/22 9PM on your floor; *Kaufman- Sunday 8/29 7PM in the workroom

3 res hall orientation — *Business & Technology students 8/24 Great Hall, F. Pomerantz Center 12:45PM (last names A-L) & 1:45 PM (last names M-Z) *Art & Design students 8/25, Great Hall, F. Pomerantz Center 12:45PM (A-L) & 1:45PM (M-Z)

4 college 101 theater — *Business & Technology students 8/24, 11AM Haft Auditorium, M. Feldman Center *Art & Design students 8/25 at 11 AM Haft Auditorium, M. Feldman Center

5 survey — A link to take the survey will be sent to your FIT email.

returners

1 returning students — *Complete the General Alcohol course on mystudentbody.com *Fill out the policy questionnaire sent to your FIT email

COLLEGE SURVIVAL TIPS

College is no cakewalk. Yes, the path to graduation may be a rough and rugged road, but with the right attitude you can survive the ride.

Study Tips

1. Take advantage of office hours. It's your chance to get one-on-one help from a highly qualified teacher. If you are struggling in class, there is no reason why you shouldn't be going to your teacher's office hours.
2. Don't fall behind. Don't procrastinate.
3. Use a study group rather than a late night cram session.
4. Make sure you find yourself a nice study environment.
5. If things get loud, use ear plugs.
6. Learn the material the very first time it's presented rather than having to cram every time there is a test.
7. The best test preparation is a good night of sleep and a good breakfast.
8. Stay organized and manage your time efficiently.
9. Keep good class notes.
10. Actually read the textbook. You bought and paid for it, so read it.
11. Have a good laptop. Its pretty much a necessity in college nowadays.
12. Set clear goals for each class.
13. Keep a to-do list of assignments and other projects.
14. Prepare for college-level work. The amount of writing/reading required can be a lot
15. Sit towards the front of the class. It will improve your grade, encourage interaction and your standing/recognition with the professor.
16. Ask questions in class. Or, provide input in ongoing class lectures.
17. Use the library. It's full of useful resources.
18. Don't cite Wikipedia in your research papers.

Student Finance

19. Student Discounts - Shop at stores that give a student discount w/student ID.
20. Shop around for textbooks. Buy used or from a cheaper online textbook store.
21. Consider renting textbooks or buying in digital form to save money.
22. Check the library for your required books. You may get lucky!
23. Sell back your textbooks.
24. Apply for financial aid early.
25. Take advantage of things that are already paid for, such as on-campus meals and library services.
26. Use school resources - Colleges have video equipment, computers, movies, books, etc
27. Don't use a credit card unless you know what you're getting yourself into.
28. Don't be afraid to take out student loans. If you work hard in college you will be able to pay them back.
29. Learn to survive on a college budget by penny pinching.
30. If you're an overachiever, take the maximum allowed credits per quarter, and get the most out of your tuition.
31. Take advantage of free stuff, just be careful when it comes to things like signing up for a credit card.
32. Apply for college scholarships. Many scholarships are fairly easy to obtain and only require a written essay.
33. File your FAFSA on time.

Social Life/College Life

34. Make a real effort to get to know more people. This is a new beginning for everybody and a great place to make new friends.
35. Spend your first year of college in a residence hall, it's a great place to make friends.
36. Get involved on campus and join organizations that interest you.
37. Befriend upperclassmen. They're pretty good at giving advice.
38. Make friends with your RA.
39. Be able to handle alcohol and know your limits (if you do decide to drink).
41. Don't give in to peer pressure.
42. Learn how to say NO. Have the courage to tell your friends no.
43. Try and get along with your roommate.
44. Expect to deal with all kinds of people. There is a greater diversity of people in college than there was in high school.
45. Balance work, school and social life - A schedule that doesn't leave time for sleep.
46. Unless you two are really serious, lose the long distance relationship.
47. Keep in touch with parents. They can comfort you in this time of change.
48. Make friends with students, professors, and other influential offices on campus. It can really help you when networking later.
49. Use facebook, just not all the time. But be careful what you post publicly on your facebook or MySpace profile.

Selecting Classes/Majors

50. Select classes carefully - Read the syllabus, check out the teacher and maybe even sit in on a class session or two to see if it's fit for your liking.
51. Don't schedule early morning classes if you're not a morning person. It becomes very tempting to skip that 8am class in the lecture hall.
52. Take a few classes on subjects that you enjoy!
53. Take a few classes outside your major. It'll open you up to new ideas/people.

Health/Personal Safety Tips

54. Learn how to cope with stress. College can be very demanding.
55. Maintain a healthy diet. Don't be a victim of the Freshman 15.
56. Learn how to relax and take breaks. Your time at college goes by quickly.
57. Take advantage of your school's fitness center. Fight off that freshman 15!
58. Wear sunscreen.
59. Wear sandals in the showers.
60. Familiarize yourself with the rules/policies of the university. Every campus has its own set of rules and regulations, and they are usually pretty good at letting you know what they are. Guidelines, restrictions, rules and regulations of all kinds can usually be found in your student handbook.

General College Tips

61. Top Ramen - It's the perfect food for the student who's strapped for time and cash.
62. Be on time for each class. Don't be known as the one who always comes in late.
63. College is living in a small cramped room with tons of work, not getting enough sleep, not getting good healthy food, and having to deal with various stresses
64. Learn to love teamwork. It is the new frontier in most college classes.
65. Get to know your professors. Getting to know them on a more personal level may increase your standing in class and always helps come grading time.
66. Going to class is important. College is expensive, so better get what you pay for.
67. Wait to buy your books until after you go to class and get the syllabus. The bookstore has a list of the books you will need for each class, but that list is not definitive.
68. Sit towards the front of large lecture halls. Sitting in front makes it easier to pay attention and see whatever is on the overhead projector. It is also easier to understand the point the professor is trying to make if you can see him or her.
69. Take college serious from the start, it's not high school anymore.
70. Be open-minded. Self-explanatory.
71. Ask yourself, why are you going to College?
72. Carry your student ID with you.
73. Set goals on what you want to achieve from going to College.
74. Take advantage of free help on campus from professors, career counselors, etc.
75. Go to class!

http://www.campusgrotto.com/college-advice-100-tips-for-survival.html

Overnight Visitation

You cannot request an overnight guest until you have completed the mandatory residence hall orientation requirements for overnight visitation (please see page 1)

OVERNIGHT VISITATION

Overnight visitors are considered anyone visiting between 12AM-8AM. Overnight visitation is limited to 8 nights per month not exceeding 2 consecutive nights.

HOW TO PRE-REGISTER YOUR OVERNIGHT GUEST:

1. Complete the online form available @:www3.fitnyc.edu/residentiallife/guestpass.htm.
2. Complete the overnight guest form and click on submit. You have up until 4 P.M. on the day of their arrival (Monday through Sunday).
3. You will receive a response email approving/denying the overnight request.
4. Upon the arrival of your approved guest, an overnight guest pass will be available in the lobby of your residence hall at the security guard's desk. Guest passes are distributed by the security guard upon arrival and will be available after 6:00 pm. Your guest will be asked to exchange a photo ID for the guest pass.
5. No need to sign your overnight guest in and out. Upon exiting and entering the halls, guests simply exchange the pass for their photo ID which is held at the guard's desk.
6. Upon your guest's final departure, exchange the pass for the ID and announce to the guard that this is your guest's final departure. Remember YOU MUST RETURN the pass to security (see visitation violations in Resident Handbook).

For more information about the visitation policy, please read our Resident Handbook

DONATION UPDATE

At spring closing (May 15-25), Residential Life collected 5,850 pounds of goods and clothing (nearly 3 tons!) for the Goodwill Industries of Greater New York and Northern New Jersey and 370 pounds of food for the Food Bank for New York City. Residential Life will once again-hold donation drives during the fall 2010 and the spring 2011 residence hall closings. We are very thankful to all of the students who donated items and we look forward to your contributions to our upcoming donation programs.

SUBWAY SAFETY

As the new school year begins, it is important to remember how to stay safe in NYC—especially when it comes to taking the subway. The subway is safer than it has ever been, and it is the fastest and cheapest ways to get around the city. The below tips will assist you in staying safe when taking the subway.

- Keep pocketbooks and book-bags secure at all time
- Remove your backpack when entering a crowded train or elevator, always make sure that all flaps are secure
- Do not flash money or jewelry in public places
- If you carry a wallet, never carry it in your back pocket. Front pants and breast pockets are much more difficult for the pickpocket.
- Be suspicious of anyone approaching you and trying to distract you. Pickpockets usually work in teams.
- When traveling on the subway during off-hours, ride in the cars with the conductor
- When waiting for a train late at night stand by the token booth or in the area designed as off-hours waiting area.
- Remember that no property is worth getting seriously injured over. If you find yourself a victim of a crime, remain calm, try and get a good description of the person committing the crime and call the police immediately.

http://www.hunter.cuny.edu/publicsafety/crime-prevention-1/subway-safety-tips-1

RESIDENCE HALL UPGRADES

Exciting new improvements to campus facilities over the summer!

Enjoy!

The first, second, and third floor Coed public bathrooms have been renovated

All Coed apartment kitchens have been renovated with new cabinets and counter tops

Nagler apartment kitchens have new stove/sink units

Landscaping work, in front of the 27th street residence halls, is expected to be completed in October

Lobby Visits

Come get to know and interact with your Resident Counselors outside of the Residential Life office

Joshua Wilkin—Alumni Hall Lobby
Friday, September 10th, 2010 at 1PM
Friday, October 8th, 2010 at 1PM
Friday, November 5th, 2010 at 1PM
Friday, December 3rd, 2010 at 1PM: Lobby Visit

Kyle Zack—Coed Hall Lobby
Wednesday, September 15th, 2010 at 3PM
Wednesday, October 13th, 2010 at 3PM
Wednesday, November 17th, 2010 at 3PM
Wednesday, December 15th, 2010 at 3PM

Danielle Wyck—Kaufman Hall Lobby
Thursday, September 2, 2010 at 12pm
Friday, October 22, 2010 at 12pm
Friday, November 12, 2010 at 12pm
Thursday, December 2, 2010 at 12pm

Vivian Chen—Nagler Hall Lobby
Thursday, September 16th, 2010 at 1PM
Thursday, October 7th, 2010 at 1PM
Tuesday, November 9th, 2010 at 1PM
Thursday, December 9th, 2010 at 1PM

Get Involved With RHCC!

RHCC (Residence Hall Community Council) is a student run organization that enriches the lives of its members as well as the greater FIT community. RHCC's goal is to enhance the student experience by acting as a liaison between residents and the Residential Life Department as well as creating fun and creative programs for all students to enjoy. RHCC hosts such events as the Annual Block Party - where the entire student body enjoys rides, street vendors, prizes and more! RHCC is open to all students. Meetings are once a month, **Wednesdays at 10pm.** Come voice your questions, comments and concerns about your campus. The first RHCC meeting will be held on **Wednesday, Sept. 8th at 10pm in the Coed Basement**. And don't forget to keep an eye out for our fun filled events!

Feel free to Email RHCC's Executive Board at: **RHCC_club@fitnyc.edu** or friend us on Facebook: **Residence-Hall Community-Council** to learn how to get involved and ask any questions.

EXPLORE NYC

FREE AND CHEAP EVENTS FOR AUGUST AND SEPTEMBER

Riverside Park Shakespeare
August 5-29, 6:30PM
North Patio of Soldiers' & Sailors Monument, W. 89th Street & Riverside Park) Thursday – Sunday

- *Romeo & Juliet*

Today Show Concert Series
August 27, 7-10AM
Rockefeller Plaza @49th St &5th/6th Ave

- Aug 27: Katy Perry

SummerStage August 22, 3pm
Central Park at Rumsey Field, 5th Ave & 72nd Street. Tickets distributed on first come basis, 90 minutes before performances on weekends and 60 minutes before on weekdays. www.summerstage.org

- British Ska

Shakespeare on the Run
August 5-29 (Thursday – Sunday), 7pm
212-252-4531
CENTRAL PARK, W. 103rd & CPW inside the Park

- Much Ado About Nothing

Good Morning America Concert Series,
August 27, 7-9am
Central Park, Rumsey Playfield, 5th Ave & 72nd St

- Aug 27: Lady Antebellum

Pier 45
Sunset Drumming Circle July 9-Aug 27 (Fridays), 6:30-8:30PM (join in)
Wagner Park
Roosevelt Island Concerts,
June 12- Sept 6 (Saturdays), 4-6PM
Riverwalk Commons
Seaside Concert Series
July & August (Thursdays) at 7:30PM
West 5th Street & Surf Avenue in Brighton Beach, 718-469-1912
Big City Fishing Weekends, May 29 – Labor Day and Tuesdays-Sundays in July & August, 10AM-4:30
Pier 46 (Charles Street) & Pier 84 (West 44th Street)
Governors Island June – October (Saturday & Sundays), 10am – 7pm & Fridays, 10am-5pm
212-440-2202 or www.govisland.com
Kayaking on the Hudson June 5 – October 16 (Saturdays & Sundays)
20 minute instructional kayaking 212-408-0219

- 72nd Street & Hudson River
- Pier 96 (56th Street & Hudson River)
- Pier 40 (Houston Street & Hudson River)

Socrates Sculpture Park Films July 7-August 25 (Wednesdays), Sunset
www.socratessculpturepark.org/718-956-1819
Socrates Sculpture Park, Broadway at Vernon Blvd, Long Island City
Barney's New York Warehouse Sale
August 19-Sept. 6
225 West 17th Street between 7th and 8th Avenues.
212.450.8400

- Weekends: 10am-7pm
- Weekdays: 10am-9pm
- September 6: 10am to 7pm

Harlem Meer Concerts, Charles A. Dana Discovery Center August 22, 29 and Sept. 5, 2-4pm
110th Street & 5th Avenue in Central Park 212-860-1370

- Aug 22: Dja Rara (Afro-Haitian)
- August 29: Cocomama (Cuban Salsa)
- September 5: Sounds of Deliverance (Gospel)

International Fringe Festival
August 21-29, Noon-Midnight
FringeNYC http://www.fringenyc.org/
Blues & BBQ Festival August 22, 2-9pm
Hudson River Park - West Side Highway/13th Street - Pier 54
McCarran Pool Parties
August 22 and 29, 2pm
East River State Park, Brooklyn.
Bryant Park Movies August 23 at 5pm
42nd Street btwn 5th & 6th Ave behind the main library at dusk 212-768-4242

- *Bonnie & Clyde* (1967)

Jazzmobile: 106th Street (Central Park West & Manhattan) August 23, 7-8:30pm

- Jazzmobile All Stars

Jazzmobile: GRANT'S TOMB, 122ND STREET & RIVERSIDE DRIVE August 25, 7-8:30pm

- Jimmy Heath

Movies with a View, Brooklyn Bridge Park August 26, 6pm
DUMBO between Manhattan & Brooklyn Bridge 718-802-0603

- *Indiana Jones & the Last Crusade*

The 32nd Annual Seaside Summer Concert Series August 26, 7:30pm
Asser Levy/Seaside Park at West 5th Street and Surf Avenue in Coney Island/Brighton Beach

- Annual Latino Music by the Sea

Rooftop Film Noir August 27, 8:30-10pm
Tony Dapolito Recreation Center, Clarkson & 7th Avenue South

- *Rosemary's Baby*

End of Summer Doo-Wop Concert
August 27, 7:30pm
Ocean Breeze Fishing Pier 718-816-2000
The Charlie Parker Jazz Festival
August 28-29
Marcus Garvey Park, Manhattan

- August 28: 3:00 – 7:00 p.m.

Tompkins Square Park, Manhattan

- August 29: 3:00 – 7:00 p.m.

Metropolitan Opera HD Festival August 28-Sept. 6
Screening of 10 productions –Lincoln Center Plaza, 212-362-6000
West Indian-American Day Carnival Sept. 6, 8am-6pm
Eastern Pkwy at Utica Ave
Brooklyn, NY 11213
Mercedes-Benz Fashion Week Sept 10-17
Damrosch Park - Lincoln Center
62nd St & Amsterdam Ave
New York, NY
Feast of San Gennaro Sept. 16-26
Little Italy
Mulberry St at Grand St
New York, NY
Harmony on the Hudson Sept. 19, 1-6PM
Wagner Park
German - American Steuben Parade
Sept. 25, Noon
www.germanparadenyc.org
5th Ave
from 64th to 86th St
Bronx, NY 10465
http://www.10best.com/destinations/new-york/new-york/all/events
http://www3.fitnyc.edu/eap/SummerFun2010FIT.pdf

STAY SAFE IN NYC

Binge drinking is defined as consuming five (+) drinks in a row for males and four (+) in a row for females. Use these tips to stay safe in the city.
1) Eat First. The small intestine is very efficient at absorbing alcohol whereas the stomach is very inefficient. Between the stomach and the small intestine there is a valve called the pyloric valve. When you eat a good sized meal this valve closes to keep the food in the stomach for digestion. If the meal has a high fat content the valve can remain closed for up to six hours. Proteins pass through more quickly and carbohydrates pass through the quickest of all. So if you eat a big meal of fried chicken or pizza before you drink, the alcohol will be absorbed slowly, your BAC (blood alcohol content) will remain low, and you will not become intoxicated quickly. Drinking on an empty stomach will make BAC rise very quickly and you may pass out or suffer a blackout. Note: eating after you have drunk has little or no effect.
2) Be well hydrated. Make certain that you drink plenty of water before you start drinking any alcohol. Alcohol is a diuretic and it will cause you to become dehydrated. The more alcohol you drink, the thirstier you feel. Having plenty of water in your system will keep you from feeling thirsty and you will drink more slowly.
3) Plan your transportation. Never drive. Walking or using public transportation is the best thing to do. Do not drink on impulse when your only means of getting home is driving. If you plan to use public transportation it is a good idea to travel with a friend for added safety.
4) Travel in pairs. You should always have a friend at your side when you drink. Friends can help keep each other safe on the subway--if one falls asleep the other is there to safeguard them. Pickpockets, muggers, and sexual predators all target the intoxicated. Having another person with you is the best way to keep these people from taking advantage of you.
5) Schedule your drinking. Plan to abstain from alcohol when you have important things to do the next day. The party is not worth blowing your final exam. Too many drinking days can take away time needed for school.
6) Choose Your Drink. If you tend to get intoxicated easily then you might want to be very careful about what you choose to drink. Stay away from the shots--stick with beer or wine. Drinks made with diet soda are absorbed more quickly than those made with regular soda.
7) Alternate Drinks. Alternating alcoholic drinks with non-alcoholic drinks can do a lot to help slow down the rate of your alcohol consumption.
8) Don't Let Strangers Pour Your Drinks. There are a lot of creeps out there with date rape drugs in their pockets just waiting to slip them into your drink. Let the bartender pour your drink or pour it yourself.
9) Take Your Vitamins. Alcohol depletes vitamins from your system--particularly B1. If you drink then it is a good idea to take your vitamins every day. A lack of B1 can lead to all sorts of unpleasant things including beriberi and neural degeneration.
10) Get Support. Peer pressure to party all the time can be a lot to deal with, but it is best if you can find a like-minded friend to support you in safe and sane drinking.
In the end whether you decide to drink or not, the decision is yours and yours alone. Now--go forth armed with knowledge and have a ball in school! Party down and keep it safe and sane with these simple harm reduction tools!
http://hamsnetwork.org/students/