



ON-CAMPUS

RESIDENTIAL LIFE NEWSLETTER

MARCH 2011

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H.O.M.E. SELECTION PROCESS

Housing Opportunities Made Easy @ FIT
Current/Returning Student Application Process
Fall '11/Sp. '12

WHEN?	WHAT DO I DO?
<p><u>1. Complete Your Housing Application</u></p> <p>online now thru March 22nd</p>	<p>*ALL STUDENTS WILL BE CHARGED A \$300.00 NON-REFUNDABLE APPLICATION FEE.</p> <p>Go to MyHousing@FIT – Apply On-Line, Current/Returning FIT (Fall 2011)</p>
<p><u>2. Select Your Roommates</u></p> <p>March 11th to March 23rd</p>	<p>Return to MyHousing@FIT – MyHousing. Click "Roommate Requests" to enter your choice of roommate(s). You must have your roommate(s) name and student ID number (@xxxxxxx).</p> <p>You cannot choose roommate(s) who did not apply under Step 1. All roommates must log-in and request each other under Step 2.</p>
<p><u>3. Select a Room Type</u></p> <p><u>Email notification of selection date/time:</u> March 25th</p> <p><u>Actual Selection dates:</u></p> <p>March 28th to April 1st</p> <p>YOU ARE ONLY SELECTING A "ROOM TYPE", NOT AN ACTUAL ROOM (Kaufman large double, small double, triple, quad, single). ALTHOUGH YOU ARE VIEWING A ROOM NUMBER, YOU ARE NOT SELECTING AN ACTUAL ROOM BUT A TYPE OF ROOM.</p>	<p>Based on your selection number students will receive and email with a selection date and time.</p> <p>At your designated date/time, go to MyHousing and click "Room Selection".</p> <p>It is recommended that you select a room type at the earliest assigned date and time.</p> <p>YOU ARE ONLY SELECTING A "ROOM TYPE", NOT AN ACTUAL ROOM.</p>

H.O.M.E. SELECTION PROCESS FAQs

WHAT IS THE \$300.00 NON-REFUNDABLE APPLICATION FEE?

This is not an additional fee and will be credited towards your total housing charges. Those who withdraw from the halls will be charged this fee in addition to posted withdrawal charges.

WHAT IF I AM UNSURE IF I WANT HOUSING?

You may decide to wait to apply until you are certain you want to live on-campus to avoid unnecessary charges.

WHAT IS THE H.O.M.E APPLICATION PROCESS?

The H.O.M.E application process is a procedure by which eligible students will apply and be awarded a selection number and sign up date/time to select a room type. Applicants will be offered available accommodations at Kaufman Hall ONLY.

WHO IS ELIGIBLE?

All current FIT students (graduate/undergraduate) taking 12 or more credits are eligible to apply for Kaufman Hall. New/entering students are assigned to 27th Street. Students ineligible for lottery through FIT's Conduct/Judicial system will not be offered housing.

IF I ALREADY LIVE ON-CAMPUS, DO I NEED TO APPLY?

YES; all residents must re-apply for housing annually.

WHAT WILL HAPPEN IF I DON'T APPLY BY MARCH 17, 2011?

Lottery applications submitted by March 17th will be given priority. Housing applications submitted after March 17th will be offered housing based upon availability.

ARE KAUFMAN HALL FLOOR PLANS, PICTURES AND TOURS AVAILABLE?

Yes. Kaufman Hall floor plans, pictures are available on the college website, under "Housing". See postings for Kaufman Hall tour dates and times.

WHAT IS THE "BEST" SELECTION NUMBER?

The best selection number is #1. The lower your number the better your chances are at selecting your preferred room type. However, in the past everyone who has received a selection number has been offered a housing accommodation.

WHAT IS THE ADVANTAGE OF APPLYING WITH ROOMMATE(S)?

Applying with roommates increases the chances of selecting

your preferred accommodation.

WHAT DOES IT MEAN IF MY DESIRED ROOMMATE AND I APPLIED BUT RECEIVED DIFFERENT SELECTION NUMBERS?

Each applicant is assigned a selection number. It is to your advantage to have the roommate with the lowest (best) selection number to select a room type at the earliest assigned date/time. Once a room type is selected, all roommates will automatically be assigned.

WHAT DO I DO IF THE SYSTEM SHOWS THERE ARE NO ROOM TYPES TO SELECT?

There may still be individual spaces available. The system will only show room types that match your roommate request. You and your roommate/s must go back to "Roommate Requests", click on remove button, and deselect all roommates. You will not see available spaces until all roommates have deselected each other. Once completed, re-enter "Room Selection" to see what open spaces are available. Remember; this may not be your preferred room type, but it will give you the opportunity to secure a space.

If there are still no spaces available, you will be contacted as students withdraw and spaces become available.

WHAT IF I DON'T GET AN ACCOMMODATION?

Students who applied in the process will be contacted in the order of their assigned selection number. You will be contacted as spaces become available. We have been able to offer on-campus housing accommodations to all interested applicants by early summer.

HOW WILL I BE NOTIFIED ABOUT THE RESULTS OF THE H.O.M.E SELECTION PROCESS?

After March 26th you will receive an e-bill indicating your room type. Be sure to check your student account and FIT email regularly.

THE H.O.M.E Selection process is for a "room type" not a specific room. Room assignments may change prior to check-in. Residential Life reserves the right to change or consolidate assignments. If you still have questions, visit our offices conveniently located in the lobbies of Kaufman or Alumni Hall.

CHECK IT OUT
KAUFMAN HALL

Kaufman Hall Tours

FIT STUDENTS (CURRENTLY LIVING ON OR OFF CAMPUS) ENROLLED IN A FULL TIME GRADUATE OR UNDERGRADUATE PROGRAM ARE ELIGIBLE TO APPLY FOR KAUFMAN HALL ONLY

This is your chance to check out Kaufman Hall!

All tours include walking from 27th Street to Kaufman Hall (31st Street), a tour of the work study room, gym, laundry room, cyber lounge, and some sample rooms.

TOURS WILL BE DURING THE WEEK OF MARCH 7TH.

ST. PATRICK'S DAY
VISITATION

Please be advised that there is **NO EXTENDED VISITATION** for the following dates:

**MARCH 14 - 20,
2011**

SPEEDROOMMATING

LOOKING FOR A ROOMMATE FOR THE FALL LOTTERY?
COME MEET NEW PEOPLE AND SEE IF YOU HIT IT OFF!

TUESDAY, MARCH 8th: 1-2PM

THURSDAY, MARCH 10th: 1-2PM, 7-8PM

COED BASEMENT

RESIDENCE HALL COMMUNITY COUNCIL

Are you excited for BLOCK PARTY 2011? Save the date! May 7, 2011.

Come to RHCC's General Meetings to give input and get updates on this FIT tradition! Plus, come voice your questions, comments and concerns about your campus.

RHCC General Meetings are 10pm in the Cafeteria on:

Wednesday, March 9, 2011

Wednesday, April 6, 2011

Wednesday, May 11, 2011

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.

Want to be on the RHCC Executive Board for 2011-2012? Come to the Residential Life Office in Alumni Lobby and pick up an application! For more information, please contact Advisor, Vivian Chen at vivian_chen@fitnyc.edu

UPCOMING RESIDENT EVENTS

Make note of the upcoming resident appreciation events, sponsored by residential life that will be taking place in your hall!	Alumni Workroom Event	Coed Lobby Event	Kaufman Lobby Event	Nagler Lobby Event
	3/16/11 at 1pm	3/16/11 at 1pm	3/7/11 at 8pm	3/8/11 at 9:30pm

HOW NOT TO GET SICK IN COLLEGE

Living in a residence hall, having roommates and being around a lot of people from different areas can challenge your immune system. Here are a number of things you can do stay healthy in a college environment.

- Prevention: Take your vitamins.** In college it is hard to eat a good diet and get all of the vitamins and nutrients your immune system needs to combat bugs. Taking a good multi-vitamin once a day can help give your immune system a fighting chance.
- Do not share drinks.** It is easy to share drinks, especially at parties. Maybe you just want to take a sip of something to see what it taste like. Not a good idea. There is no telling what germs you are ingesting from the person you are sharing with. Mono is a good example of an illness that is easily spread by sharing drinks.
- Get plenty of sleep.** College students often have a hard time getting enough sleep, but it is very important to keep yourself healthy. Many studies have proven a correlation between sleep and health. Not just physical health, but mental health as well. You should try to get at least 7 hours of sleep and try to avoid all-nighters.
- Eat healthy.** If you diet consists of pizza for supper and leftover pizza for breakfast you are not getting all of the vitamins and nutrients your body needs to stay healthy. Try and keep some fresh or canned fruit in your room to snack on. Take a trip to the salad bar once in a while and try to eat at least one healthy meal a day.
- Exercise.** There are a variety of ways you can get exercise at college. While half-mile hikes from your residence to classes is one way, you should look for others. Go to the gym on campus when you have time. Get a jogging buddy and hit the trails. For your own safety, **DO NOT JOG ALONE!** Exercise will help you feel better and look better.
- Remedies.** Okay try and you might you are sick. Here are some remedies to help speed up your recovery.
- Sleep it off.** Sleep is a good remedy for sickness. Take your cough, cold, flu, fever medicine of choice depending on your symptoms and crawl into bed. Not only will it help you get well faster, you will not be spreading your sickness to others. Well except for your roommate.
- Drink some tea.** In addition to containing vitamins and minerals, green tea possesses numerous compounds that have antioxidant and health-enhancing properties. One of the main compounds is the bioflavonoid catechin. Catechin works both alone and in conjunction with other flavonoids found in the tea and has both defense-supporting and free radical-scavenging properties.
- Don't Party.** If you are sick, even if it is the biggest party of the year stay at home and rest. If you are feeling bad now, odds are you will feel a lot worse after going to a party. Not to mention how happy your friends will be that you came to share your sickness with them.
- Go to the Student Health Center.** If you are not getting any better or you feel like you have more than a little bug you should go to FIT Health Services which is located in A402 or contact them at 212.217.4190.

<http://uncc49er.com/170/how-not-to-get-sick-at-college/>

DINING HALL EVENTS

Mardi Gras Tuesday, 3/8 Dinner 5-8pm	Check out the Facebook page, "FIT Dining" where you can find out about current promotions the Cafeteria is having!
St. Patty's Day Thursday 3/17 Dinner 5-8pm	

EDUTECH DAY

Thursday, March 10th 2011 - 9:00am - 4:30pm FIT, John E. Reeves Great Hall
Guest speakers and panelists will include presentations by Apple, Adobe, Cisco, Herman Miller, Human 1.0, and many others. Students are encouraged to attend. Registration is recommended but not necessary. Visit the conference website for full program details and to register: www.fitnyc.edu/edutechday

DID YOU KNOW? MARCH IS... NATIONAL NUTRITION MONTH

Smart Snacking for Adults and Teens

Make snacks work for you by choosing nutrient-rich foods from the MyPyramid food groups. Snacks can boost your energy between meals and supply essential vitamins and minerals.

There is a place for snacks in a healthy eating plan. Just choose wisely:

- Think of snacks as mini-meals that contribute nutrient-rich

foods. You can fit snack calories into your personal healthy

eating plan without over-spending your day's calorie budget.

- Snack only when you're hungry. Skip the urge to nibble

when you're bored, frustrated or stressed. Feed the urge to do something by walking the dog or working in the garden.

- Keep portion control in mind. Have a single-serve container of

yogurt or put a small serving of nuts in a bowl. Eating directly

from a multiple-serving package can lead to overeating.

- Plan snacks ahead of time. Keep a variety of nutritious ready

to-eat supplies on hand, such as whole-grain crackers and low

fat cheese.

Get creative with the following snack suggestions by swapping out different fruits, vegetables and grains to keep your snacking exciting!

Snacks with 200 calories or less:

- One tablespoon peanut butter spread on slices of a medium apple
- One cup tomato soup with five whole-grain crackers
- Three cups air-popped popcorn sprinkled with three tablespoons grated parmesan cheese
- Tri-color veggie snack: 6 baby carrots, 10 sugar snap peas (or green pepper strips), 6 cherry tomatoes and 2 tablespoons reduced-fat ranch dressing for dipping
- Small baked potato topped with salsa and 1 ounce low-fat cheese
- Toaster waffle topped with ½ cup blueberries and 2 tablespoons low-fat yogurt
- Six whole-wheat crackers and one slice low-fat Colby cheese
- Fruit smoothie: Blend 1 cup fat-free milk, ½ cup frozen strawberries and ½ banana
- One 6-inch flour tortilla with ¼ cup black beans and 2 tablespoons fresh salsa
- Quick-to-fix salad: 2 cups mixed greens with ½ cup mandarin oranges, 1 tablespoon sliced almonds and 2 tablespoons reduced-fat dressing
- Mini-sandwich: Whole-grain dinner roll with 1 slice deli turkey, 1 slice low-fat cheese and mustard

Snacks with 200 to 300 calories for active adults, teens and athletes:

- Refuel between meals or after a work-out

with these higher-calorie snacks. Watch serving sizes to stay within the range of 200 to 300 calories.

- Whole wheat pita cut into wedges with 2 tablespoons hummus for a dip
- Yogurt parfait: Layer 6 ounces fat-free yogurt, ½ cup berries and ¼ cup granola
- Trail mix: Mix 20 almonds, miniature box of raisins, and ¼ cup sunflower seeds
- Instant oatmeal made with fat-free milk with 1 tablespoon honey, ½ cup sliced peaches and dash of cinnamon
 - One 4-ounce fat-free, ready-to-eat vanilla pudding with ½ cup fresh fruit and 5 vanilla wafers
 - Veggie pizzas: Split whole wheat English muffin. Top with 2 tablespoons low-fat cream cheese, ½ cup diced fresh veggies and one ounce low-fat mozzarella cheese
 - Cinnamon-raisin mini-bagel spread with one tablespoon peanut butter
 - Hot chocolate made with low-fat or fat-free milk and a small oatmeal cookie
 - Whole-grain toaster waffle with 1 ½ tablespoons chocolate-flavored hazelnut spread
 - Banana split: banana sliced length-wise topped with ½ cup frozen yogurt and a tablespoon of chopped nuts

For more healthy eating tips, visit www.eatright.org.

WOMEN'S HISTORY MONTH

Women's History Month is an annual declared month that highlights contributions of women to events in society. Below you will find some famous firsts by American women.

1795: Anne Parrish establishes, in Philadelphia, the House of Industry, the first charitable organization for women in America.

1809: Mary Kies becomes the first woman to receive a patent, for a method of weaving straw with silk.

1849: Elizabeth Blackwell receives her M.D. degree from the Medical Institution of Geneva, N.Y., becoming the first woman in the U.S. with a medical degree.

1864: Rebecca Lee Crumpler becomes the first black woman to receive an M.D. degree. She graduated from the New England Female Medical College.

1866: Lucy Hobbs becomes the first woman to graduate from dental school, the Ohio College of Dental Surgery.

1869: Arabella Mansfield is granted admission to practice law in Iowa, making her the first woman lawyer.

1872: Victoria Claffin Woodhull becomes the first woman presidential candidate in the United States when she is nominated by the National Radical Reformers.

1885: Sarah E. Goode becomes the first African-American woman to receive a patent, for a bed that folded up into a cabinet.

1887: Susanna Medora Salter becomes the first woman elected mayor of an American town, in Argonia, Kansas.

1896: Alice Guy Blaché, the first American woman film director, shoots the first of her more than 300 films, *La Fee aux Choux*.

1975: Elizabeth Ann Seton is canonized, making her the first American-born saint.

1981: Sandra Day O'Connor is appointed by President Reagan to the Supreme Court, making her its first woman justice.

1983: Dr. Sally K. Ride becomes the first American woman to be sent into space.

1984: Geraldine Ferraro is the first woman to run for vice-president with a major party.

1985: Wilma Mankiller becomes first woman chief of the Cherokee Nation of Oklahoma.

1989: Ileana Ros-Lehtinen, of Florida, becomes the first Hispanic woman elected to congress.

1990: Dr. Antonia Novello is sworn in as U.S. Surgeon General, becoming the first woman (and first Hispanic) to hold that job.

1992: Carol Moseley-Braun, of Illinois, becomes the first African-American woman elected to the U.S. Senate. Mae Jemison becomes the first black female astronaut.

1993: Janet Reno becomes the first woman U.S. attorney general. Toni Morrison becomes the first African-American woman to win the Nobel Prize for literature.

1997: Madeleine Albright is sworn in as U.S. secretary of state. She is the first woman in this position as well as the highest-ranking woman in the United States government.

1999: Lt. Col. Eileen Collins is the first woman astronaut to command a space shuttle mission. Nancy Ruth Mace is the first female cadet to graduate from the Citadel, the formerly all-male military school.

2000: Hillary Clinton is elected to the U.S. Senate, becoming the first First Lady ever elected to national office.

2005: Condoleezza Rice becomes the first African-American female Secretary of State.

2007: Nancy Pelosi becomes the first woman Speaker of the House of Representatives.

Harvard University names Drew Gilpin Faust first woman president in its 371-year history.

2008: Hillary Clinton wins the New Hampshire Democratic presidential primary, becoming the first woman in U.S. history to win a presidential primary contest.

Sarah Palin, governor of Alaska, becomes the first woman to run for vice president on the Republican ticket.

<http://www.infoplease.com/spot/womensfirsts1.html>