



ON-CAMPUS

RESIDENTIAL LIFE NEWSLETTER

MAY 2011

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MOVE OUT INFORMATION

The Residential Life Department wishes you well with your final exams and projects. We trust that the remainder of your semester will be productive and safe. Please do not hesitate to visit the Residential Life Office if you have any questions or concerns.

SPRING SEMESTER CLOSING:

Residents must vacate their room/suite and remove all belongings and be inventoried out of their room by 9:00 a.m. on the day following their last final exam or at the announced closing time May 24, 2011, whichever is earlier. Graduates attending ceremonies will be contacted separately.

SHIPPING:

A UPS store is conveniently located on 8th Ave (between 26th and 27th Streets). Hours of operation: Mon.-Fri. 8AM-8PM, Sat. 11AM-6PM and Sun. 12 noon-5PM. Consider packing and shipping items before becoming involved with finals and term projects.

As a service to our students we are providing carts to assist with move out. *Due to the limited number of carts, we encourage residents to have a cart or dolly brought from home for move out.*

CART AVAILABILITY:

- **Weekdays beginning May 9th, Mon. – Fri.** - 9:30 AM to 4:30 PM in the Residential Life Offices and 6:00 PM to 11:30 PM from the RAs on duty.

- **Weekends - May 14 & May 15, May 21 & May 22** - 12:00 PM to 4:00 PM and 6:00 PM to 11:30 PM in Alumni Hall and Kaufman Hall lobbies

***PLEASE NOTE: NYC police will ticket and tow unattended cars ***

ROOM CONDITION:

Rooms must be left in "move-in condition" (broom swept, drawers wiped clean, floors mopped, etc.). Unwanted items and garbage must be discarded. Residents in suites are responsible for cleaning their refrigerator, stove, kitchen cabinets/sink and bath/shower/bathroom areas.

PLEASE NOTE: ANY resident who fails to leave their room in "move-in condition" (see above) will be charged a cleaning fee to be determined by FIT's maintenance department. If items are left in rooms and the student has NOT been accepted for summer housing, the student may be charged the equivalent of summer housing charges.

EXPRESS CHECK OUT

EXPRESS CHECK-OUT will be available in your lobby beginning May 1st.

EZ AS 1, 2, 3!

- 1: **Remove all belongings from your room and have an RA inventory you out of your room.**
- 2: Go to the "Express Check-Out" station located in the lobby of your building (see signs in lobby).
- 3: Swipe your ID OR click on "Check-Out Another Way" (enter last name and date of birth) and follow the prompts.

Kaufman residents are done!

27th St. residents - place your key/s in the envelope, fill out info. on the envelope and drop it into the box (envelopes are located at each station). There is a \$50.00 charge for unreturned keys.

You're Done - Keep your ID for summer student discounts

Remember: Rooms must be inventoried prior to Check-Out. Failure to complete your inventory will waive your right to contest any damage charges. Residents will not have access to the room after check-out.

24 HOUR QUIET HOURS + OVERNIGHT VISITATION

FINALS & PROJECTS ARE COMING UP:

24 hour quiet hours begins - Wednesday, 5/18 @ 8 AM

Overnight visitation ends - Wednesday, 5/18 @ 8 AM (Last night for over-nights is Tues. 5/17)

The Residential Life Department wishes you the best of luck on your final exams and term projects. We ask that you are mindful of the fact that other residents will be completing projects and studying for exams through May 23rd.

FOOD SERVICES

Reminder: Any money remaining in your meal plan, including declining dollars, must be used or they will be lost. Plan accordingly. If you are unsure of the amount remaining on your declining balance, please either visit the FIT Dining Services website at <http://www.campusdish.com/en-US/CSE/FIT/> or stop by the Cafeteria Service Window in the A Building.

FIT is...HOT!

Our summer housing is cool.

Live and Learn at FIT this summer.

Summer housing is available.

Visit our website for dates of stay and rates.

www.fitnyc.edu/summerhousing

**SUMMER
INTEGRITY**

STRESS RELIEF TIPS TO GET YOU THROUGH FINALS

With finals just around the corner, here are some tried and true tips to get stress relief:

Exercise. “Run, do some yoga, punch a bag at the gym,” advises Charles Goodstein, MD, clinical professor of psychiatry at New York University School of Medicine in New York City and president of the Psychoanalytic Association of New York. Exercise is a way to manage stress that doesn’t have to add to your financial woes. For example, a 20-minute walk or jog around your block can yield up to 12 hours of improved mood. The main thing is to find a physical activity that you enjoy, whether it’s dancing or fly fishing.

Laugh. Laughter really is the best medicine. It is proven to lower tension, and at the same time, improves blood flow and the health of your heart. Rent a funny movie or hang out with that wannabe-comedian pal, and forget about your worries for a while.

Write. Dedicating a period of time every day to write about a situation that is bothering you may reduce tension and give you stress relief for the rest of the day. Keeping a journal can also help you solve problems or find positive angles

amongst the stressors.

Socialize. Spending time with friends and family who give you a sense of belonging, purpose, and fun may provide all the stress relief you need.

Take care of yourself. When tension spikes, it can be tempting to put yourself last — but prioritizing healthy eating, physical activity, relationships, and sleep is necessary if you want to avoid making your stress worse.

Get some fresh air. If you are cooped up inside all day, take a few minutes to get outside and see the sun. A little time in the great outdoors can improve your mood and help you relax.

Be kind to yourself. Think about positive affirmations daily. Thinking negative thoughts only makes you feel bad and will increase stress. Tell yourself you are doing a good job, and believe it!

Meditate. Practice deep breathing and meditation exercises daily, and when you feel tension rising.

Be thankful. Showing thanks for your family, friends, and loved ones and being thankful for the positive aspects of your life has a calming affect. Not only

does it give you perspective, it makes other people feel good, too.

Make a change. Sometimes the best way to obtain stress relief is to remove your source of tension. “For example, if you are in a job working at a certain pace in an environment that is objectively painful because of your boss, co-workers, and so on, and you’re doing it because you can earn 10 percent more money than doing something else, you could calculate that you might be better off doing something else,” says Dr. Goodstein.

Sleep well. Get good quality sleep at night. While debate ranges about how many hours a person needs, they need to be uninterrupted and high quality. Insomnia/poor sleep can let cortisol levels get elevated and these are directly related to stress. Cover up any LEDs that glare; get curtains that cover the windows to stop light leak even at night. Light is a cue to get up - ANY light - and can affect sleep quality. If you get up in the night and go back to sleep. Just go back to sleep. If needed, its more restful to get an alarm we can trust than to check the clock, as that can be a big stressor while trying to fall back.



BOTTLE AND CAN DRIVE

The Office of Residential Life will be sponsoring a bottle and can drive in honor of Camp Sunshine a camp for children with life threatening illnesses and their families. As it is the 10 year anniversary of September 11th Camp Sunshine is having a 9/11 week this summer. A member of our Residential life Professional Staff will be volunteering for this week and would love to bring a donation from FIT in honor of this event that shook our community 10 years ago. The bottle and can drive box will be located in Kaufman lobby starting Monday April 25, 2011. There will be weekly updates as to how much we have raised as a community. Please pitch in and do your part to help these children who like so many of us were so deeply affected by 9/11. For more information regarding Camp Sunshine please visit the website at www.campsunshine.org.

STUDENT

What are your summer plans?

“Planning a roadtrip with friends.”

- Pielah Kim,
FMM – 4th Semester

“Going to Florida with my friend and we will be visiting Orlando. I’m going to sunbathe and party with my friend. Then going to London after that, to be with family.”

- Monike Bartley Williams,
Fashion Production Management – 2nd Semester

“Interning at Armani Exchange. I will be in NYC for the summer.”

- Krista Lee Bora,
FMM – 4th Semester

“Going to Israel with family. It’s a family tradition, we go every year.”

- Leyat Elkobi,
Communication Design – 2nd Semester

“I’m registered for summer classes at FIT – may go to visit sister in Miami for a week.

- Samantha Jonas,
Textile Surface Design – 2nd Semester

UPCOMING RESIDENT EVENTS

Make note of the upcoming resident appreciation events, sponsored by residential life that will be taking place in your hall!

Kaufman Lobby Event

5/2/11 at 8pm

27th St. Event

5/12/11 at 1:00pm

DINING HALLS EVENTS

Cinco de Mayo
Thursday 5/5
Dinner 5-8pm

Check out the Facebook page, “FIT Dining” where you can find out about current promotions the Cafeteria is having!

RESIDENCE HALL COMMUNITY COUNCIL

BLOCK PARTY 2011

Cirque du FIT

Save the date! May 7, 2011.

12-4PM on 27th St!

Win an iPad2! Free food, activities, magician, club booths, fashion show, musicians and much more!

Final RHCC General Meeting will be on Wednesday, May 11, 2011 at 10pm in the Cafeteria

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