Living
On-Campus

The Parent & Family Connection to UConn’s On-Campus Residential Community

Student Ambassador Program

Vincent Walker
Housing Assignments Specialist

To help increase effective communication to students and their support systems, the Department of Residential Life created a site that provides an easy way to ask current students living on campus their opinion on a variety of topics. These current students volunteered to be able to help others with their experiences on campus. Whether you want to know what it is like to live in a traditional style hall, to how they have effectively dealt with a roommate conflict they are willing to help.

Make sure to check out www.ambassadors.reslife.uconn.edu - It’s a one stop website in order to help current students, in-coming students and their support systems by getting current residential students’ perspectives on all that is living on campus.

Spring Recess

All residential areas on-campus remain open during Spring Recess, March 13th-19th.
Resiliency as a Coping Skill

Eileen Stone
Director, Department of Wellness and Prevention Services

Webster’s dictionary defines resilience “as the ability to become strong, healthy, or successful again after something bad happens”. The truth of the matter is that bad or stressful and even traumatic events happen to all of us at one time or another. As human beings we will naturally respond with a varied range of emotions, this is a given. The manner which individuals embrace these points in their lives over a period of time is what I am referring to when I use the term resilience.

The American College Health Association (ACHA) reports (2015) that within the last 12 months 56.9% of college students nationally are reporting an overwhelming sense of anxiety. The reasons for this sense of anxiety are many and varied, but our students are presenting us with the perfect opportunity to begin to have dialogues and model resilience. As professional staff, these conversations with our colleagues and our students are becoming more frequent. Additionally, from research we know that parents and family members continue to be the most important influence in our students’ lives. Family members or guardians have the unique position and ability to provide guidance, and can have conversations that can encourage and help a student regain their balance and perspective.

Resilience isn’t something a lucky few of us are born possessing; rather for many of us resilience is developed over a period of time with the guidance and support of those we engage with. In some cases this might be professional help. It is equally important to understand and have a willingness to acknowledge that there are specific things we can do for ourselves to help us handle difficult situations that will further develop our own resiliency and sense of optimism.

References

American Psychological Association (APA), The Road to Resilience

Books

Learned Optimism How to Change Your Mind and Your Life
by Martin E. P. Seligman

The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life’s Hurdles
by Karen Reivich

Grit to Great: How Perseverance, Passion, and Pluck Take You from Ordinary to Extraordinary
by Linda Kaplan Thaler and Robin Koval

About Wellness & Prevention Services

Wellness & Prevention Services is made up of two distinct areas: Alcohol & Other Drug Education and Health Education. Our Department is committed to providing education, opportunities, information, and resources to the University community regarding health and wellness. We strive to create an environment that promotes, encourages and supports healthy decisions and behaviors in the area of alcohol and other drugs, sexual health, stress management and other areas of wellness.

Our goal is to promote and help students achieve a balance of lifelong physical, emotional, social, environmental, intellectual, spiritual and cultural well-being through various services.
Give & Go

Are you looking for a way to help your students get organized before they come home for the summer? Think about donating to Give and Go!

Give and Go is a yearly program run through the Office of Community Outreach that provides students and families with the opportunity to donate items to great organizations in the community that help others in need. We collect items such as clothing, food, school supplies, toiletries, furniture and more! This helps to promote sustainability in the state and helps to ease the process of moving out for the summer.

Donations will be collected at tent sites, outside of residence halls, around campus, as well as at the Hicks Arena from May 4-7, 2016.

Students interested in volunteer opportunities or more information on the event should contact Hannah or Jessica at uconn.co.giveandgo@gmail.com.

St. Baldrick’s Day Fundraiser

Monday, March 28, 2016
Student Union Ballroom
2:00pm-7:00pm

This March, the National Residence Hall Honorary at the University of Connecticut will host its fifth St. Baldrick’s event to raise funds for childhood cancer research. Participants will shave their heads or donate eight inches of hair to stand in solidarity with those living with cancer. Volunteers and walk ins are welcome!

All money raised goes directly to the St. Baldrick’s Foundation, a charity that funds childhood cancer research. Hair donations will be sent to Pantene Beautiful Lengths, an organization that makes wigs for women who have lost their hair from cancer treatments. Sign up to shave your head or help us fund raise at https://www.stbaldricks.org/events/NRHH2016.

Contact us at UConnNRHH@uconn.edu if you have any questions!
Engineering House

Robert Drago
Residence Hall Director, Northwest Quadrangle

The Engineering House Learning Community is currently located in Northwest Quad and the community is excited to move into a brand new residence hall for Fall 2017 - NextGen Hall. David Ouimette (Executive Director of First Year Programs and Learning Communities) and Melissa Foreman (Assistant Director of First Year Programs and Learning Communities) hosted an informational session with current Engineering House students to talk about the design and plans for NextGen Hall. Students asked many wonderful questions and the staff members were impressed with the excitement to take advantage of what NextGen Hall will have to offer - including an innovation lab and easy access to faculty/staff advisors.

Engineering House students also recently enjoyed mingling over ice cream while chatting about their StrengthsQuest strengths, and visited Hillel for a collaborative Super Bowl viewing party. Engineering House hosted an Engineering Résumé Workshop on Wednesday February 24th in the Batterson Multipurpose Room, and have many more events planned in the coming weeks.

2016-2017 Housing Selection

Each spring, returning residents choose their own room and roommates for the following academic year online. Referred to as housing selection, this is one of the biggest processes that our office oversees with over 9,000 students participating over the course of several weeks.

This process can be very stressful for some students as they begin to form their roommate group and think about their desired location or room type.

We encourage you to remind your student to attend the March 8th kick-off event where staff will be available to answer questions. Our website (http://reslife.uconn.edu) will also have information and video tutorials that help students navigate this selection process.

Students are always encouraged to stop by our office in Whitney Hall (East Campus), or call/email us with questions.

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