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University  
Housing  
Contracts &  
Assignments  
Office  
4141 Burge Hall  
Iowa City, IA  
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# Parent Newsletter

UNIVERSITY HOUSING

AUGUST 2009

## From The Publisher

Welcome to a new academic year! Whether you're a "brand new" parent or a "returner" to the University, we hope this newsletter—geared specifically toward you, the parent—will provide helpful information for you and your student.

Watch for periodic issues of the *Parent Newsletter* for important deadlines and upcoming events for your student. Although these types of information are shared on a regular basis with students, they don't always tend to remember with all of the excitement of a new year. Therefore, we hope the *Parent Newsletter* will help you to help them remember those all-important items! And speaking of all-important dates, if your student wants

to change their meal, they have until Friday, September 18, 2009 to do so. Changes may be done on-line at <http://housing.uiowa.edu/mealplans>. Returning and transfer students in a room with a kitchen may cancel the meal plan until September 4, 2009, at the University Housing Office, 4141 Burge Hall.

Please take a few minutes to read the rest of this newsletter. You'll find helpful tips on your role as a parent, rules for survival, getting along with roommates, and even how to order them a birthday cake or other special treats!

Dicta Schoenfelder,  
Manager  
Contracts & Assignments



Questions?  
Call 319/335-3000

## From Our Director—Your Role As A Parent

Welcome to Iowa! If you are sending off your first student to college, or if you are a veteran of sending kids off to college, there is always some excitement and apprehension about students "leaving the nest." Students find their most memorable experiences and best friendships will be

found at college and particularly in the residence halls. While there may be some low times, in general, the highs will outweigh the lows.

College is a different experience than when you were college-age. Parent roles were different, stu-

dent roles were different, and college administrators' roles were different.

Prior to the "freedoms" era, college faculty and administrators served "in loco parentis" or in lieu of parents.

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### DATES TO REMEMBER FOR FIRST SEMESTER:

#### September 4, 2009:

- ◆ Last day for returning or transfer students in a room with kitchen to cancel meal plan.

#### September 18, 2009:

- ◆ Last day to change meal plan.

#### November 20, 2009:

- ◆ Meals end for Thanksgiving break at 3:00 p.m.
- ◆ Classes end for Thanksgiving break

#### November 30, 2009:

- ◆ Classes & meals resume

#### December 18, 2009:

- ◆ Meals end for Semester break at 3:00 p.m.

#### December 19, 2009:

- ◆ Halls close (except Mayflower & Hillcrest) for Semester break

Prior to the “freedoms” era, college faculty and administrators served “in loco parentis” or in lieu of parents. Those rules included . . . dress codes, bed checks . . . “dorm” mothers, among others.

“Dorm” mothers have been replaced by professional live-in residence hall staff members who have masters degrees in college student development or higher education administration.



. . . Professionals . . . live in the halls, many with their spouses (and in some cases, children)

## Your Role As A Parent (continued)

Those roles included enforcement of dress codes, bed checks, curfews, required class attendance, “dorm” mothers, among others. Then the Baby Boomers came. Out went the “archaic” rules, and in came student rights to educational privacy. While some of you may wish that the “archaic rules” still existed, today’s students have followed in their parent’s footsteps with respect to independence.

Helen Johnson, author of Don’t Tell Me What To Do, Just Send Money: The Essential Parenting Guide to the College Years notes that the Baby Boomers, who stormed administration buildings on campuses to demand the elimination of many rules in the late 1960’s, are now demanding to be involved in so many aspects of their children’s college lives. As administrators, we have tried to adjust to change over the years.

Administrators’ roles have changed from serving in lieu of parents to serving only as desired by the students (and parents) to serving in a partnership role with parents and students. We don’t assume to play the role of parents, but we are expected to know what’s going on in all students’ lives. I don’t know why, but students’ lives have become more complicated, with mental health issues, medical concerns, alcohol/drug use, and more. “Dorm” mothers have been replaced by professional live-in residence hall staff members who have masters degrees in college student development or higher education administration. Not only are residence hall professionals expected to partner with students and their parents, they are partners with student counseling, student health, alcohol education programs, academic support programs,

equal opportunity and diversity offices, and numerous campus entities. While it is not possible for the residence hall staff to be all things to all people, they have resources available 24 hours a day.

It may be frustrating to you as parents to not know everything that happens in your student’s life. I hope you can trust the fact that we have similar goals for your student. If you have any questions about our policies and procedures, feel free to call us. We can’t talk about student specifics without a release signed by your student, but hopefully we can allay any fears or concerns you may have.

I hope your student has a wonderful and healthy transition to college life and the residence halls.

Von Stange, Director  
University Housing

## Tips for Survival (Yours & Your Student’s)

Greetings Moms and Dads and Caregivers! As you get ready to send your son or daughter to The University of Iowa, I wanted to tell you a little bit about who we are and some tips to survive move-in.

The Residence Life staff is a staff of 19 full-time professionals, 6 graduate students, 121 resident assistants, 8 community assistants, 14 clerical staff, and numerous student employees. All of our professional staff have their master’s degree in student development or a related field. Twelve full-time professionals and three

graduate students live in the halls, many with their spouses (two of our staff live with their young children, all under 3) and call the halls their home. Knowing that these staff members look at the halls as home should help alleviate your fears that you are sending your student into a huge dormitory where they are totally on their own. At any time, 24-hours a day/7 days a week, one professional staff member in each neighborhood is on duty. So anytime something happens in the halls we have professional staff right here to help

resolve the problem. When they are on duty they deal with anything from a fire alarm, toilet leak, roommate issue, a policy violation, a student who may need medical or counseling help, to even serving ice cream at floor community builders! They are dedicated professionals, whose number one priority is success of the student in and out of the classroom. They focus on the holistic development of students and they will do anything within their ability to help your student have a great living-learning experience in our residence halls. Should

*continued on page #3*

## Tips for Survival (continued)



*Has anyone told you about the 3-4 week pink wave that hits campus? That's when students have to do their own laundry for the first time.*

you ever have a concern, these staff can be reached through the 24-hour desk in your student's hall or the Office of Residence Life. It is the expectation of our RAs to interact purposefully with each individual student; tell your student to ask the RAs for help—we have lots of resources for them to use.

Now that move-in is around the corner, I thought I would give you a few tips on moving in survival. I have been opening residence halls in August every year since 1986. That is longer than your first-year student has been alive. It will be my seventh opening at The University of Iowa. Over the years, I have seen many successful, as well as many unsuccessful, move-ins. First and foremost, remember that your student is not only going to be anxious about moving way from home, but he/she will also be very conscientious about the type of first impression they are making on other students. Thus, my first piece of advice is don't do anything to publicly embarrass your student. This means—don't cry in public, don't fuss over how the bed is made, and don't run up and down the halls trying to make friends for your student. My second piece of advice is be ready to wait in line, have to carry stuff up stairs, and muster all the patience you have. Move-in, no matter with the size of the school, is a long and typically hot process. (As I am writing

this we are having one of the coolest summers in history—but August typically means heat and humidity). Packing your vehicle would be my third area you should think about. Have a plan to unload before you pack the car. For example, if you have carpet or a rug for the room and that gets packed on the bottom, it will be difficult to move other stuff into the room—so remember first out means

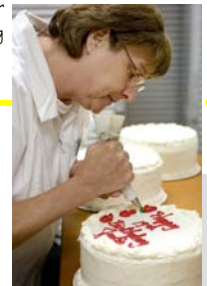
last in. Anything you can do to convince your student that they do not need everything they think they need would be smart too. After all, they will be home again and UPS can ship anything! In-room storage is a great investment. Residence hall rooms are small. No matter how big we think they are—get college students' stuff in them and they get small. However you do it, every room on campus can probably be made more comfortable and useful with some additional storage containers. Has anyone told you about the 3-4 week pink wave that hits campus? This happens at the point where students have to do their own laundry for the first time. Every year, students think that even though at home they sort laundry by color, at college they can throw it all in one machine. The result: the pink or blue or orange tint that gets on all their formerly white clothes. My fourth area of advice is: talk to your student about laundry. Fifth, if this is your first or your last child you are sending to college, do whatever you can to encourage him/her to make wise choices—lock their room all the time, walk around campus in groups, report strangers, tell people where they are going, etc. Freedom and independence mean different things to different people. Although we are here

to help, we won't possibly be able to be everywhere at once. Students need to take responsibility for their own safety and for the safety of those around them. Another area to think about is to have a communication plan with your student. When I was in college (a long time ago), my Dad and I decided we would talk every Sunday. I went off to college eight hours away, but I looked forward to those Sunday chats with Dad. With cellphones, students often talk more frequently—but still have a special time you will connect so you both plan to be available to chat. My final advice is—no matter how adjusted you think your student is—send him/her real mail or care packages. I cannot explain the pure delight and excitement I see on students' faces when they get a letter or cookies from home. I don't think email generates the same response, so learn their address and buy some stamps.

When you get to campus in August, we will be directing traffic so that people can unload close to the halls. This system only works if you unload and then move out of the way to make room for others. Don't let your first "Welcome to Iowa Gift" be from the Parking Department. Please note in certain areas, trailers just don't fit so be patient with us while we try to accommodate everyone. Once we open at 8:00 a.m. on Monday, August 17 we remain open—so come anytime—we'll leave the light on for you!

Sending a student out of the home is also hard on the family at home. If you have a hard time with sending your student to college there are some great resources available to help you in the transition as well. One such resource is Letting Go: A Parents' Guide to Understanding the College Years, Fourth Edition by Karen Levin Coburn and Madge Lawrence Treeger. Remember, we want your student's experience to be better than what you can imagine, so let us know how we can help. Have a great end to your summer, and happy packing! See you soon!

Kate Fitzgerald  
Assistant Director  
University Housing



***I cannot describe the pure delight and excitement I see on students' faces when they get a letter or cookies from home . . . so learn their address and buy some stamps.***

## Hawkeye Treats

**Your student may be away from home, but certainly not forgotten.** Our Market Places have the perfect gift for any occasion from their selection of Hawkeye Treats that say "We're thinking of you."

From a variety of special treat bas-

kets to hand decorated cakes, let us prepare a personalized gift for your student to celebrate a birthday or for that occasion when you feel their spirits might need a lift. What better way to say "Happy Birthday" or "Get Well Soon" than with a gift fresh from our kitchens!

More information is available

through our web page:

<http://housing.uiowa.edu/departments/residentialdining/littleextras.htm>

Sorry, we're not set up for on-line orders, but we'd love to talk to you! Call us at 319/335-3000 to place your order today!!

***Whether It's A Birthday Or Just "Thinking Of You", Our Hawkeye Treats Make Great Gifts!***

**“No room needs two futons and two TVs, and no rooms are even allowed two refrigerators.”**

**“Besides negotiating who is bringing what, it is important that students start getting to know each other. What are their likes, dislikes, habits, interests, etc.?”**

#### **DID YOU KNOW???**

Each residence hall room has a telephone jack for a land-line phone with free local service.

This jack is the officially publicized telephone number for your student.

Although cell phones are the norm anymore, you should be sure to bring a land-line phone and answering machine for the room.

# Getting Along With Roommates

## Advice For Parents On How To Encourage Students To Get Along With Their Roommate

For most students, sharing a room with someone they do not know is one of the biggest fears of beginning their college career. In most homes today, students have their own rooms—so sharing a small space is a new experience. As a parent, please encourage your student to contact his/her roommate before moving in. It is important that they negotiate who is bringing what. No room needs two futons and two TVs, and no rooms are even allowed two refrigerators. This negotiation can help move-in go more smoothly, as well as prevent you from having to turn around and take things back home!

Besides negotiating who is bringing what, it is important that students start getting to know each other. What are their likes, dislikes, habits, interests, etc.? Most students think their roommate needs to be their best friend. This is not always a realistic expectation, and often great roommates are simply people who respect each other and share a

room. Oftentimes, being best friends means spending time apart. As the saying goes—too much of a good thing is not always good!

We recognize that many students may not have lived with someone before and don't even know where to begin or what to think about in regard to sharing, boundaries, expectations, and courtesy in living with someone. To help with the transition, we require all roommates to complete a roommate agreement within their first two weeks here. The roommate agreement points out some of the typical areas students raise concerns about in regard to conflict and differences in expectations when living with others and covering different personal preferences and habits in the hopes of preventing issues or conflicts from occurring. It is a tool students should use to talk about expectations of one another on a wide variety of topics including room cleanliness, visitors, borrowing or use of items, etc. Even if a problem arises down the road the agreement allows for those concerns to be re-addressed and visited with a staff person to better clarify intentions as

peoples' routines, habits, and lifestyles conform, adjust, or

contrast with what was previously agreed upon. The agreement is only as good as the effort students put into it in regard to taking it seriously and using it as a means to convey what they expect. It empowers students to express and negotiate their needs with the people they are living with. It also provides them the grounds students often feel they need in order to hold others accountable to mutually agreed upon expectations and solutions to concerns—with or without the assistance of staff members.

So, encourage your student to talk about issues with their roommate, and with good open communication along with some respect they should get along fine. If, however, they don't—please instruct your son or daughter to talk with their RA or hall coordinator for help.

Submitted by:  
Kate Fitzgerald,  
Assistant Director for  
Residence Life



## Getting Along In General

We hope all the information in this newsletter has been of help to you, but we also know that many other little “concerns” will pop up once your student is here. For those occasions, we offer the following 3 tips:

- Have your student check his/her email—University Housing sends periodic information to all students living in the halls with information about temporary housing, residence halls in general, and transition to campus life in general.
- Have your student get to know his/her RA—the resident assistant who lives on your student's floor is there to help with a number of issues, or just to talk!
- Have your student read their Guidebook—this publication, given to your student at move-in, has valuable information about the residence halls in addition to policies and regulations they should familiarize themselves with.

# To Park Or Not To Park . . .

## . . . Move-In Parking: 101

As you arrive in Iowa City to move your student into the residence halls next week, you will find increased traffic everywhere. Here are a few tips on how to safely and easily unload your son or daughter and their belongings.

### THE BASICS

Take a deep breath and be prepared to wait.

Think when loading the car—what do you need out first, because that should be the last thing you pack.

Follow instruction of Residence Hall staff, Parking volunteers, and University Police staff.

All residence halls have areas fairly close to them for active unloading ONLY. Once you unload the car, you need to move it to legal parking or be subject to tickets and even towing.

**Burge/Daum/Currier/Stanley Halls:** There is parking on Clinton Street in front of these halls. It is metered and meters are enforced, so bring some change (no change machines available in the halls). Additionally, there is some parking on the Cleary Walkway that goes around Burge beginning Monday (17th) at 8:00 a.m. and ending on Saturday (22nd) at 4:00 p.m. No trailers or oversize vehicles will be allowed. Parking in this area is for active unloading ONLY, and is limited to 30 minutes.

**Hillcrest/Rienow/Quadrangle Halls:** Traffic will be routed one way up Grand Avenue and into the drive between Quad and Rienow and one way out the Byington Road exit. Limited parking is available at meters. Meters are enforced, so bring your own change (no change machines available in the halls). Parking for active unloading is also available if the weather is dry on a portion of the Quadrangle Courtyard during limited times each day. On Saturday and evenings the cashiered lot 13 is also available for a small fee. We ask residents to park, unload, and then move their vehicle to the Fieldhouse Garage or lot 13 so others can move in.

**Slater Hall:** Parking is allowed in the meters South of Slater as well as East of Slater. Meters are enforced, so bring your change (no change machines available in the residence halls). Parking is also allowed in the cashiered lot 14 South of Slater.

We Will Have Staff Available At Each Hall To Help You Find Legal Parking. Please Follow Instructions And We Will Get You Moved In As Quickly And Painlessly As Possible.

**Mayflower:** Parking is allowed behind the building for permit holders, and for non-permit holders from 8:00 a.m. to 5:00 p.m. for active unloading ONLY. Parking for active unloading is also available in the small metered lot North of Mayflower Hall. This lot is monitored and all meters are bagged, so it will not cost you to unload—but you only have 30 minutes. Once you have unloaded your vehicle, the City of Iowa City has given us permission for you to move your car to the Terrill Mill Park lot across Dubuque Street. No overnight parking is allowed.

YOU MUST MOVE YOUR VEHICLE AS SOON AS YOU HAVE UNLOADED OUT OF COURTESY FOR OTHERS. REMEMBER, YOU'RE ALL IN THIS TOGETHER SO HELP US AND EACH OTHER OUT!!

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