

May/June 2019



FAMILY E-NEWSLETTER

Welcome to Juniata College!

I am eagerly anticipating the start of orientation and your return to campus as fully committed Eagles. The team of professionals that I lead in student life are hard at work this summer to create and sustain a campus environment that equips students with the information and skills they need to transition successfully, and experiences and supports that will help them grow and develop into people of purpose and character consistent with the attributes of a [Juniata Graduate](#).

First things first – we are excited for you to join us at SOAR (Student Orientation and Academic Registration). Orientation at Juniata College takes place in four parts: Summer academic transition, Inbound social transition, educational modules online, and ongoing curricular and co-curricular experiences that engage students through the first year. SOAR, in particular, is important because students have a chance to meet with an academic adviser and begin building the foundation of their college career. They also start the process of getting connected to fellow classmates and upper division students who will help them along their journey.

And even as we kick off orientation activities for students, we also seek to cultivate ongoing partnerships with our JC parents and families through SOAR, regular communication, and a new webinar series that will be offered in the fall specifically for parents and families. In the meantime, I look forward to getting to know you and your students better through the summer, and over the next four years.

Warm Eagle regards and #WingsUp,

Matthew Damschroder, Ph.D.

Vice President for Student Life and Dean of Students



SOAR – Student Orientation and Registration

We have an extensive program for both students and families, but families should not feel required to attend. Over the course of the 24 hour SOAR program, students will: engage with an academic adviser who will help them select classes for the first semester of their college career; explore the attributes of a Juniata graduate; and consider more specifically the opportunities that will unfold for them. Students will get a chance to learn about and ask questions about the academic experience and their student trajectory as they engage with staff and student mentors, and enjoy some fun at the same time. Every summer we always do a slip'n'slide in the evening, so please encourage your student to bring a swim suit and take part in the fun!

For families, the SOAR program incorporates academic and course information, descriptions of student life and co-curricular resources and supports, logistical details such as those from the Business Office and Financial Planning, and several chances to have any additional questions answered.

Continuing Orientation

Following SOAR, students will be sent a link in their campus email to complete online training modules before returning to campus. These modules are related to alcohol, sexual assault and interpersonal violence prevention, and equity, diversity and inclusion. These courses are go-at-your-own pace and are easy to navigate. They help shape campus norms surrounding expectations pertaining to those topics. Should your student have questions please have them reach out to us.

Inbound

Finally, it's almost time to start classes! But first, Inbound! As long as your student is not on a roster for a FALL sport they are expected to participate in Inbound. Inbound is the social transition to college and gives students a chance to meet classmates and make friends through exploration of a mutual interest before classes start. Below is the link to sign up for one of the retreats, there's something for everyone!

<https://www.juniata.edu/offices/dean-of-students/inbound/>

We look forward to having your student, and hopefully you, join us for SOAR this summer! If you have any questions please email Ellen Campbell, Assistant Dean of Students, at campbee@juniata.edu.



SOAR

THINGS TO REMEMBER

- Lodging is provided for students at no charge.
- Lodging is *not* provided to families. Here is a [link](#) to local hotels and places to stay in the area.
- All meals are included for students and their guests. If you have dietary restrictions please let us know ahead of time as we will work with Parkhurst to ensure your needs are met.
- Check in begins at 10:00 am on Day 1 of each session – you can park anywhere on campus and proceed to Brumbaugh Academic Center to pick up your student's key and your folders.
- Please bring completed health forms.

Visit our website for more information!

<https://more.juniata.edu/freshman-info/orientation/>

inbound

Office of Residential Life

The Office of Residential Life (ORL) is dedicated to creating a safe and inclusive environment that fosters discovery and fulfillment. Recognizing that some new students may be feeling a little anxious about transitioning to the Juniata residential community, we wanted to provide you with three essential tips to help you coach your student this summer.

Tip #1: Honesty really is the best policy.

New Student Housing Application are open on Eagles Nook, our online housing program. Your student will receive an email with information on how to access Eagles Nook and the steps for completing their housing application. It is imperative that your student is realistic about their sleeping habits, studying environment, and levels of cleanliness. This is the best way to save your student from an unlikely roommate pairing (or even worse... a Roommate Conflict!). Please remind them that all of the questions on the housing application will help with roommate matching, so they should respond truthfully.

Tip #2: Less is more.

After completing the *New Student Housing Application*, your student will have the option to set up their Eagles Nook profile. It is not required. However, it is a platform that allows your student to share a little more about themselves, outside of what they indicated in their housing application. This is their chance to share their funny, quirky, and/or charming side to potential roommates. We often refer to Eagles Nook as Match.com for roommates! While we want your student to be expressive, it is also essential to be concise. Although writing a one-page narrative is certainly welcomed, we would recommend highlighting the essentials, like favorite music, hobbies, fun facts, and favorite foods.

Tip #3: Be cool as a cucumber.

Once they have completed their housing application and Eagles Nook profile, they will be ready for the next step... Finding a roommate! There are three options to help them with their roommate search. This might be an exciting and scary experience for your student. However, you can help them keep their cool by discussing some of the pros and cons to each roommate search option.

1. Conduct an advanced roommate search on Eagles Nooks.

Pro: Your student can use the criteria from their housing application (we recommend their top 3 – 4 features) and find someone with the same responses.

Con: It might be challenging to get a sense for whether it is a good match by just reading a profile. We recommend having an email exchange with your potential roommate before requesting them on Eagles Nook.

2. Visit the Class of 2023 Facebook Page.

Pro: Your student will be able to interact with a potential roommate via social media so they can look at photos and exchange memes before settling on a roommate.

Con: Although there is a higher chance to learn more about their potential roommate's personality, we would still recommend at least a phone call or text exchange before hitting the roommate request button.

3. See if they click with someone at the June new student orientation.

Pro: Having an in-person interaction is an excellent way for your student to see if they get good vibes from a potential roommate.

Con: This option might be a little daunting for someone who is introverted or shy. If they are, we recommend that they consider the other two options.

We try to make the roommate selection process flexible and autonomous. Your student can try all three of these options if they so choose. Once your student has a roommate (or roommates) identified, they can request them by name on Eagles Nook. However, if your student elects not to pick a roommate on their own, we will gladly match them with someone based on their housing application responses.

ORL recognizes that some student might have some housing related accessibility needs. We work collaboratively with Office of Student Accessibility Services to providing reasonable accommodations for individuals with accessibility needs to fully participate in the College residential experience. Students with a documented disability are eligible to request reasonable accommodations to the Office of Student Accessibility Services at acadsupport@juniata.edu or 814-641-3160.

Final Details: Although we use their matriculation date to determine housing priority placement, it is still crucial that your student completes the housing application and roommate search no later than **July 7, 2019**. This will give us adequate time to do the behind the scenes works and make announcement housing and roommate assignments in mid-July (via email). As friends and relatives are seeking guidance on the perfect graduation gift for your student, you may want to visit our website on [What to Bring and What to Leave at Home](#) or direct them to the [On Campus Marketing \(OCM\)](#) website for gift ideas.

The Office of Residential Life (ORL) recognizes that some families want to be active supporters for their students. As they navigate the new student housing process, we hope that you feel equipped to guide them confidently. If you have any questions, please contact the Office of Residential Life at residentiallife@juniata.edu or by phone (814)641-2232.



Juniata College Dining Services

Welcome to campus! Juniata College Dining is proudly served by Parkhurst Dining. We prepare meals that are fresh, made-from-scratch, and cooked in small batches. We want our guests to feel confident that their special dietary needs are met with easy access to nutritional information. With an ever-present focus on quality, sustainability, and craftsmanship, we offer a personalized approach to dining services and catering, tailoring highly customized programs to meet the needs of each guest. Though we hang our hat on customization over standardization, Parkhurst Dining remains unwavering in our Culinary Gold Standards, which range from made-from-scratch pizza dough, to fresh stock soups, to hand-cut French fries.

We have several locations around campus to serve the needs of the students including Baker Refectory Dining Hall, Eagles Landing, Jitters Café, Mocha Run, On-the-Go, and Brewed Awakenings. We also offer a dining services app called "Food U" where you will find menus and hours of operation for each location. Continuous dining is available throughout the day from 7am until 11pm.

In **Baker Refectory Dining Hall** you will find the following stations:

Oven– We make our own fresh dough pizza and baked dishes with fresh pasta and toppings daily

Salad Bar– Fresh stock soups and chef-prepared salads are available daily, along with fresh fruit and vegetable options

Bakery– Our bakers create delicious desserts in-house daily

Deli– Hand-sliced meats and cheeses and a variety of toppings, all on delicious breads or wraps

V2– Dedicated to vegans and vegetarians with special selections prepared daily by our chefs

Grill– Open daily with wide variety of menu items prepared fresh for lunch and dinner, including fresh hamburgers, grilled chicken breast sandwiches, and hand-cut French fries

Spoon and Fork – Specializes in comfort food items and menu offerings from around the world

Mongolian Grill – A student favorite, this station features food prepared right in front of you! This includes Stir Fry, Cheesesteaks, and other craveable items.

The upper level of Baker Dining Hall and features two stations:

Cinco Cantina – A Mexican-themed station with create-your-own burritos, tacos, quesadillas, salads, nachos, and more

Clean Plate – One of the first of its kind in the nation, Clean Plate has been certified in being free of the country's eight most common allergens: Wheat, Soy, Egg, Milk, Tree Nuts, Peanuts, Fish and Shellfish. We take allergen concerns very seriously, and our students can have peace of mind eating at Clean Plate, knowing that the food at this station is allergen-free.

We take the dietary needs of our students and guests very seriously. We label all of our food items with allergen symbols to help those with allergy concerns make the correct choices when dining.



Parkhurst Managers and Chefs will be glad to meet individually with students to review all dietary needs and to ensure a quality dining experience. We look forward to helping your family member adjust to life on campus..

If you have any questions, please direct them to Tony Williams, General Manager or Brett Endress, Director of Residential Dining Services parkhurst@juniata.edu .



QUEST

QUEST is an integrated academic success team ready to partner with your student when they arrive on campus. At Juniata we understand that academic success is connected to successful transitions to college. Developing personal and professional goals tied to a clear academic path, finding one's place as a "Juniatian," and developing new skill sets, are all critical aspects of your student's successful college journey. QUEST is designed to assist students on all aspects of their academic journey, providing access to resources and partnerships they can utilize to ensure their academic success as they develop and pursue their personal and professional goals.

Whether navigating transitions, exploring opportunities, or deciding on goals, students can find resources in QUEST to aid in their journey. The QUEST team provides career exploration and development opportunities, serves as advisers and academic coaches, organizes skill development workshops and study resources, and connects students to accessibility services.

QUEST invites students to ask QUESTIONS as part of their learning. Our staff encourages students to develop a deeper UNDERSTANDING of their goals as they EXPLORE strengths and identify next steps in their journeys. Whether students SEEK support to navigate a challenge or guidance to find opportunities for co-curricular learning, QUEST is a key learning partner.

At QUEST, we understand students will TRANSFORM in different ways as part of the process toward living fulfilling lives as well-rounded global citizens. As part of this transformation process QUEST works with students to identify key experiential learning opportunities, including internships, study abroad, faculty-mentored research, and service opportunities.

Student Shuttle Service

Juniata College offers shuttle service for a fee during openings, closings, & breaks. The shuttles pick up and drop off at the following locations:

Location	One Way Cost
Huntingdon (Amtrak Station)	\$7.50
State College (Airport, Greyhound, & Megabus)	\$30.00
Altoona (Airport)	\$30.00
Harrisburg (Airport, greyhound, & Amtrak Station)	\$50.00

Registration is required up to one week prior to travel. This information is communicated to students through daily announcements, emails and social media posts. Please see the [schedule](#) for dates, times, and plan travel accordingly.

Questions contact Blair Cutright cutrigb@juniata.edu or 814-641-3150.

We offer shuttle during June orientation to the locations above. If you're interested please contact Blair Cutright.

Transitioning to College

Transitioning from high school to college or one college to another can be challenging for your student and their family. There are plenty of helpful resources for you as a family member to support your student as they assert more independence. Here is a [great article](#) and [website](#) that has valuable resources for families and students. In addition we have great support on campus in our QUEST office.