Learn - Change - Grow

Why do we do programs in the residence halls?

College is ultimately about learning. We in ORL believe that learning is not confined to the classroom and that significant learning takes place outside of a traditional academic setting. Programming can provide opportunities for such learning to occur.

College is about change. Can you find a student who thinks they stayed the same from the first move-in day to graduation? The college experience exposes students to a wide variety of ideas, people, and ways of looking at the world. Through such exposure, students change their outlooks and attitudes about themselves, others, and the world.

College is about growing. In addition to change, all of these new experiences are also leading to growth. College students experience challenges when familiar ways of thinking are called into question. These challenges assist students in striving towards independence and therefore, growth as person. Basically learning encourages change, which facilitates growth.

Please refer to eRezLife files for other programming resource information.
Building Community: Why is it important?

Fostering Campus Involvement: when students feel connected to their hall mates and building, they are more likely to venture out into the larger JMU community to get involved.

Encouraging Academic Success: Studies show students who are actively engaged in their residence hall community perform better academically.

Connecting People: Getting to know your residents will allow you to introduce them to one another and make connections based on their similar interests.

Home Sweet Home: Residents who feel connected to their living environment often feel more pride in their building and will take better care of it.

Creating Camaraderie: A close-knit community will care for one another, and keep you as the RA updated on any concerns.
Needs Assessments

By doing Formal or Informal Needs Assessments at the beginning of each semester, every RA knows what type of programs his/her residents would be interested in attending. Even though doing a Needs Assessment may take a little time, RAs are rewarded by interesting programs with better attendance.

**Formal Needs Assessments**- written suggestions, questionnaires given at first meetings, BBs with program ideas

**Informal Needs Assessments**- talking with your residents and discovering interests, needs, desires, and concerns that will benefit the community through programs. **Example**- overhearing that GCOM speeches are coming up at the end of the month. Doing an Academic program on how to prepare speeches would be a great program and a great faculty involvement opportunity!

**Meeting the needs of their community**- C, A, and M programs are for the RA’s individual community of residents.

Collaboration

- RAs may collaborate with others on their staff for all CAM programs, but only one RA will receive credit.

Faculty

- Each RA is encouraged to have at least one of their programs each semester involve a faculty member within the hall.
- The program can be in any CAMP dimension.
- **EVERY RA must** e-mail their Faculty Friend/FIR to invite him/her to their program. If the Faculty Friend/FIR shows up unexpectedly, it will count.

Please refer to eRezLife files for other programming resource information.
Community Each RA must complete 2 community programs for their individual community

The Community Living dimension challenges students to be active citizens of their residential communities. Opportunities for students to be engaged in their community range from service programs to social gatherings to activities that focus on responsibility to one’s community. Research shows that students who are involved are more likely to have a satisfying and successful college experience (Kuh et al., 2010).

Community programming can encompass:

Community Involvement—programs that foster a connection or network among the residents.

Community Service—programs that provide an interaction between residents and someone in need in the greater community.

Community Responsibility—programs that look at what the community needs and how the residents provide those needs as individuals and as a group (Kalsbeek, Realizing the Education Potential of Residence Halls, 285).

FAQ! Although there are 3 types of community programs, an RA doesn’t necessarily have to do one of each type. Their 4 C programs can be any combination of the three.

FAQ! An RA’s C programs must be done with his or her specific community of residents, such as their hall, wing, section, etc. In Campus Life: In Search of Community, Ernest Boyer states that community is built within the smaller units (e.g., floor) first, then with larger units (e.g., entire hall). By facilitating community programs with just their hall or section, an RA helps create the small community that will make a comfortable atmosphere for the residents to interact in a larger community.

Community as...

1. Learning- as residents get to know each other through community programs they learn about relationships and connections.

2. Changing- community living exposes your residents to new thoughts and ideas from roommates and hallmates that they may not have encountered before.

3. Growing- as residents encounter new and different situations, they grow as they incorporate new thoughts and ideas into their way of thinking.
Community Resources

- Office of Community Service Learning (540-568-6366)
  - Find out more information about Alternative Spring Break programs
  - Find out what kind of community service projects are going on in Harrisonburg and the surrounding community.
- Community Activities Board
  - You can always talk to your CAB for Community programming ideas
  - Contact your SHAPE Rep/President and/or Floor Rep to find out what the community needs
- University Program Board (540-568-6217)
  - They’ll let you know what is going on around campus, especially the big events that will get your residents out of the hall
  - Ask a UPB member to come speak about UPB sponsored committees and programs
- Homecoming week
- Family weekend
- Football games
- Kline’s Dairy Bar (South Main St)
  - Always a great place to go to get away from campus for a bit while feeding your sweet tooth!
- Downtown Harrisonburg
  - Take your residents to You Made It for a fun field trip to paint your own piece of pottery
  - Kline’s Dairy Bar (Wolfe St.- they have a different weekly flavor than on South Main!)
- Masterpiece theater (540-568-7000)
  - There are many different events that go on throughout the year. Contact them to find out more information!
- Grafton-Stovall
  - Enjoy $2.50 movies and $.50 popcorn

- FYI’s Programming Resource Binder
  - Come to FYI and find great suggestions for successful programs.
The Academic Success dimension integrates the mission of the university with the experience of residential living. Programs in this dimension aid students in growing in their role as members of the academic community at JMU, as well as aid students in making academically related choices. In furthering residents’ understanding of “how” they learn, what they need to study effectively, and how they can be successful in the classroom, students take ownership of their learning. Research shows that students who feel that they are active partners in the learning process contribute more in class and get better grades.

Academic programming can encompass:

**Academic support**—programs that guide students towards resources on campus such as CAP, ASI, their academic advisors, integrity & the honor code, faculty members, etc.

**Education**—programs that complement the students’ classroom learning. An example would be a rock climb for a group of geology/science students. These programs need to have documented needs assessments. A program that imparts general knowledge would not be considered an academic program unless the knowledge relates specifically to what the students are learning.

**Learning Styles**—programs that allow students to learn about their personal learning style (i.e., visual, aural, kinesthetic, etc.) or learning disabilities.

**FAQ!** A study break is *NOT* considered to be an academic program! A program that involves a study break must specifically look at studying methods and why regulating study time is important to the educational process.

**FAQ!** Rewarding residents simply for good grades is not an academic program! A program that involves a discussion on how to make good grades in college and involves study tips is more beneficial to your residents.

**FAQ!** Programs about choosing a career, interviewing, internships, etc. do not count for Academic. These are programs that will occur in the SYE halls.

Academic as...

1. **Learning**—the JMU campus, and indeed the whole world, is a large classroom. Learning can take place anywhere.
2. **Changing**—College freshmen usually learn quickly that college studying is different from high school studying. Academic programs provide support when this change takes place.
3. **Growing**—Exposure to new ideas inside of the classroom, as well as outside of it, provides lots of opportunities for growth in college students. Academic programs help incorporate those new ideas into a person’s outlook.
Academic Resources

• FYI’s student assistant will offer in-hall Academic Support Instruction sessions for RAs. They are sessions on basic study skills, test-taking skills, and time and stress management. Contact Sarah Opatz opatzsn@jmu.edu to schedule one for your residents!

• Any faculty member who will donate their time to facilitate a program that meets the academic needs of your residents.

• Madison Advising Peers (www.jmu.edu/advising/peers.shtml)

• CAP-Career and Academic Planning (540-568-6555)—crazy amounts of academic programming support!
  o Major Decisions Programs
  o A tour of the Academic Resource Center
  o Preparing for an Academic Advisor Appointment
  o GPA Calculator
  o JMU Guide to Majors
  o Values/Interests inventories

• Speech Services (540-568-6349)
  o Assistance with interpersonal & small group communication skills and public speaking.

• Office of Disability Services (540-568-6705)
• English Language Learner Services - contact Kristen Shrewsbury shrewskm@jmu.edu
• Science and Mathematics Learning Center (540-568-3379)
• University Writing Center (540-568-1759)
• Library orientations & resource discussions (http://www.lib.jmu.edu/services/)
• Office of International Programs (540-568-6419)

• FYI’s Programming Resource Binder
  o Come to FYI and find great suggestions for successful programs.

Please refer to eRezLife files for other programming resource information.
Multicultural Each RA must complete 1 multicultural program for their individual community

The Multicultural Awareness dimension fosters awareness and understanding of others. As students experience and interact with cultures and groups different from their own ethnicity, race, gender, sexual orientation, ability, economic status, and/or religion, they learn how to function in a global community. Research indicates that students who interact with a diverse group have a greater ability to comprehend human relations and are more able to live and work with people who are different from themselves.

“Unlike students who live off campus, those who reside on campus are more likely to develop diverse friendships and to benefit from other concentrated programming efforts” (Schroeder & Mable, 1994, Realizing the Educational Potential of Residence Halls, p.191).

Multicultural/Diversity programming can encompass:

- **Awareness**—programs that expose students to information on ethnicity, race, gender, sexual orientation, ability, economic status, and religions different from their own.

- **Experience**—students actively engaging in activities with people different from themselves. For example, working in a soup kitchen or attending a religious service may be experiential learning for a resident.

- **Environment**—not all college students are open-minded to diversity in their living environment. Programs that establish community goals and expectations on accepting sexuality, race, ethnicity, religion, and other minorities help create a positive, safe, and comfortable environment for all those who live there.

**FAQ!** Multicultural/Diversity programs should focus on awareness and understanding of groups of people that are different from an individual. Programs that look at a person’s choices or personality differences would not be considered multicultural (e.g., vegetarianism).

**Multicultural/Diversity as...**

1. **Learning**—students learn about different cultures, celebrations, and events through exposure to different kinds of people and programming.

2. **Changing**—as students learn about people that are different from themselves, they may change attitudes and behaviors they previously learned.

3. **Growing**—students develop new points of view as they are exposed to new ideas from people different from themselves.
Multicultural Resources

• FYI—we have lots of books and old programming cards to get ideas from!
• CMSS (540-568-6636)
  o CMSS houses 30 organizations that might enjoy doing a program and educating your residents on their purposes.
  o D.E.E.P. Impact
    • Diversity Excellence Education Program
  o Resource Library
  o Conferences
  o Mentor Programs

• Student Activities and Involvement (540-568-8157)
  o SAI houses many organizations. Among them are Amnesty International (human rights), Hillel, BSA, ASO, ASU, and other organizations that can help with M programming.

• LGBT and Ally Education Program- (540-568-5428 or lgbta@jmu.edu)

• Office of International Programs (540-568-6419)
• Office of Disability Services (540-568-6705)
• Office of Equal Opportunity (540-568-6991)

• FYI’s Programming Resource Binder
  o Come to FYI and find great suggestions for successful programs.

Please refer to eRezLife files for other programming resource information.
Pre-requisite Programming

*Don’t forget: an eRezLife program request form needs to be completed for these!*

Each HD is responsible for overseeing and ensuring that programming occurs in the following areas

Please see your Area Director for the due dates for these programs.

**Hall-Wide Social:** for the entire hall to get together and interact; for residents to meet people from outside of their individual communities

**Safety & Security:** to teach residents to make safe choices while living at JMU. This can include online safety, residence hall safety, etc.

**Alcohol Education:** to educate students on alcohol and drug issues as they relate to college students; and to teach protective strategies

**Sexual Misconduct Education:** to educate students about sexual misconduct issues as they relate to college students, teach protective strategies, and identify campus resources

*It is ultimately the responsibility of the HD to ensure that all 4 Pre-Req programs are completed each semester.*

Pre-Requisite Resources

Please refer to eRezLife files for other programming resource information.
• Campus Police (540-568-6912)
  o Self defense
  o Staying safe on campus
  o VA laws and campus policies

• Harrisonburg Fire Department (Mary Messerly-
  mary.messerly@harrisonburgva.gov)

• UHC- University Health Center (540-568-6178)
  o REACH Peer Educators
  o CARE
  o Dukes Step Up!
  o Health Education & Outreach