Session Notes
Completed for all residents before **Thanksgiving**. Any new residents or room change, will need to be completed shortly after their arrival.

Resident Name: __________________________   Email: _________________________
Date/ Time: _______________________________   Phone: _________________________

Topics of Discussion: (check all that apply)

- Academics
- Relationships
- Community & Civic responsibility
- Drug and Alcohol Issues
- Employment
- Leadership
- Academic Major Selection
- Mental Health
- Personal Health
- Financial Concerns
- Other ________________

**Academic Success**
*How do you feel about your choice of major? What courses do you think you will do well in? Which will be difficult? How do you study? When you did well in class freshmen year, what study skills did you use? Do you know the academic requirements for your major, college or school? Would you be interested in a study group? What subject? Do you know your academic advisor?*

**Leadership**
*What organizations are you involved with on campus? Are there other organizations you are interested in getting involved with? Would you like to be involved in residence hall activities? What programs would you like to see this semester? How would you specifically contribute to making programs happen?*

**Community Responsibility**
*How will you contribute to the community this year? Why did you choose to live on campus, and what do you hope to gain from this experience? What do you expect from me, your RA? How well do you know your hall mates?*
Self Responsibility
How do you balance your academic and social life?
- Do you feel pressured to drink alcohol here at JMU?
- Are you finding non alcoholic activities that interest you on the weekend either on or off campus?
- Are there activities not offered at JMU that you would be interested in on the weekends?

Do you have a part-time job? How are you balancing with your job, school, etc? How have you changed since your first year? Have you thought about getting further work experience in your career choice? Do you maintain a budget?

Character
What are some challenges you anticipate for your sophomore year? What is your plan to deal with those challenges? How have you given back to your neighborhood community in the past? Please explain experiences that have made you feel uncomfortable. What do you struggle with most?

Conclusion:
Summarize what you have discussed, outline an action plan for the semester, and ask them if there is anything else they would like to talk about, or anything they might need help with.

Follow Up Email: (needs to resident)