

2018-2019

PARENT RESIDENCE INFORMATION



ALGOMA UNIVERSITY

1520 Queen Street East

Sault Ste. Marie, Ontario P6A 2G4

Main Phone: 705-949-2301

Toll Free: 1-888-Algoma-U

(1-888-254-6628)



ALGOMA UNIVERSITY

Housing & Residential Life

CONTACT YOUR STUDENT!

PACKAGES

You can send packages to your son or daughter while they are away. The mailing address for their designated building is on the Helpful Hints page. Students are emailed when their package arrives and pick up in the Housing Office.

MAIL

Your student will be assigned a mailbox upon their arrival at Algoma. Their address will be the same one featured on the Helpful Hints page. Mail is delivered daily to mailboxes and it is the students responsibility to check their mailbox.

PHONE

Most students today, have cell phones, however if you need to reach your child, you can call (705-949-2301) ext 4215, and we will ensure that we reach them for you. You can also email us at: housing@algonau.ca

Helpful Hints Page: <https://www.algonau.ca/student-life/residence-life/movingtips/>

If you want to send a special occasion package (flowers or cake) to you son or daughter feel free to contact Housing Coordinator, Rose, to make arrangements!

CONTACT US

Rose Linklater
Coordinator of Housing
1520 Queen Street East
Sault Ste. Marie, Ontario P6A 2G4

Phone: 705-949-2301 ext. 4215

Email: rose.linklater@algonau.ca

Web: <http://www.algonau.ca/student-life/residence-life/>

RES POST-IT

Algoma University Student Contact Info

Cut this out and post it on your fridge!

Address: _____

c/o Algoma University

1520 Queen St. East

Sault Ste. Marie, ONT

P6A 2G4

TRANSITION TIPS

IMPORTANT DATES



Check our Algoma University website for all relevant deadlines and important dates – but make sure your student is taking the lead. A great way to have them start making their own decisions while still enjoying guidance from you.

<http://www.algomau.ca/>

QUESTIONS



Encourage your student to contact us if they have any questions, big or small. Privacy laws do not allow us to discuss their residence agreement with you unless they provide us with consent. If they ask questions, then they will feel comfortable asking once they arrive.

MONEY TALK



It is important that you student understands how much money is available to them and what happens when it runs out. A great time to discuss budgeting and expense management.

TABLE OF CONTENTS

Residence Life Staff1

Homesickness2

Health & Wellness.....3

Health & Wellness continued.....4

Safety.....5

Beat the Boredom.....6

Transition tips7

Contact Your Student8

RESIDENCE LIFE TEAM

Welcome Parents!!

Whether this is your first experience sending you child off to another city to attend university or another child in along family tradition, you know that this is a milestone in your child life.

The Housing and Residential Life staff seek to provide an environment which is conducive to community living, supporting academic needs of residence students and to enhance the quality of life on campus.

Our mission is to provide a safe, clean, effective and convenient living community with services to meet the needs and interests of students.

It is our goal to assist residence students in any way we can.

RESIDENCE LIFE STAFF

HOUSING COORDINATOR

The Housing Coordinator oversees all aspects of residence life, from moving in to moving out. The Coordinator supervises all residence life staff members, and provides them with support and guidance, ensuring they are performing successfully in their roles. Also responsible for ensuring that a safe, comfortable and welcoming community is formed.

Occasionally, disciplinary issues arise in residence, and the Coordinator oversees the process if residents violate the Residence Handbook or act in unhealthy or dangerous ways that affect other members of the residence community.

The Housing Coordinator is available to answer any questions about the residence experience.

RESIDENCE DON

The residence don is a live in staff member, and is not a student. The don provides Residence advisors with support, mentorship and guidance. He/she is a key member in development of the residence environment, and facilitates programs that can enhance the experience of residents both academically and socially. The don is located in the new student dorm on the first floor.

RESIDENCE ADVISORS

Residence Advisors are upper year students, who live in the residence and whose Primary responsibility is to promote residence life in accordance with the Housing and Residential Life office. In addition to monitoring the physical condition of their assigned areas (damage, cleanliness), the RA is also encouraged to develop a strong positive community and maintain a high level of student awareness. The RA will supervise resident's personal safety and well being through assisting and referring students with academic, social, personal and disciplinary actions.

As well as ensuring residence students follow the residence policies, they also Plan events that encourage interaction with all residence students.

BEAT THE BOREDOM

GEORGE LEACH CENTRE



We have an athletic facility on campus, just beside the residences. The fee is included in their fees. Newly renovated, it is a great way to get fit, meet other students, attend varsity games and participate in intramural sports.

<https://www.algomau.ca/student-life/athletics-and-recreation/>

STUDENT CLUBS



The Algoma University Student Union supports a variety of student clubs which allows students to meet others with common interests, share their talents and relieve stress. If they do not find one they are interested in, they can always start a new one.

<https://www.algomau.ca/student-life/student-activities/>

AUSU



The Algoma University Student Union is very active on campus, and is an organization run by students for students, and works to ensure that students' voices are recognized.

<https://www.algomau.ca/student-life/student-activities/ausu/>

SAFETY

CAMPUS SAFETY

Safety and security of our university campus is taken very seriously. We are dedicated to protecting the rights of everyone on campus while providing a professional, respectful and safe campus environment. WE have 24 hour video surveillance, campus security, residence advisors who live in the residences, and secure access residences.

RESIDENCES

Access to the residences is restricted by key access and student card access. Residence advisors are located in the residences, and security is also available. There are policies in place, that restrict guest access to all residences, that all residence students must adhere to.

WALK SAFE PROGRAM

This program provides a walking buddy escort for students during the evenings from Monday to Thursday. Students can be escorted from the main building to the residences.

We do encourage everyone to also be diligent, self-aware and speak out on behalf of your fellow residence students to feel safe and secure.



HOMESICKNESS

Most students at one time or another will experience homesickness. It is common for students who leave home for the first time to feel it, especially during the first six weeks on campus. Parents can help by listening to their student and validating his or her feelings, offering to come and visit their son or daughter instead of having him or her come home, and/or encourage their student to speak to a residence life member or a student advisor.



THEY ARE NOT ALONE

They may not be the only one with this feeling, have them try to talk to other residence students on their floor or townhouse, Reaching out to your new friends can help you form a new camaraderie and fight bouts of homesickness together.

It is important to keep in mind that homesickness is normal. We all have feelings of loneliness at school, especially the first year of university, Encourage them to look forward at all the positive things their university experience holds for them.

HEALTH & WELLNESS

HEALTH SERVICES

Algoma University is pleased to provide on-campus health services for all students. Students have access to a physician, counsellor, and dental hygienist. Providing health services is an important part of Algoma University's commitment to students wellbeing as well as their academic success.

All students must bring their health card and/or insurance information to each appointment. Students must also bring all of their medications to each appointment- even renewals- to ensure that the physician knows what you are taking and how often.

To obtain a student counselling referral, the student must contact the Student Services Advisor in SH 206 or email healthservices@algonau.ca.

To book an appointment to see the Doctor, email doctor@algonau.ca

To book an appointment with the Dental Hygienist, email dentalhygienist@algonau.ca



HEALTH & WELLNESS

RES CONFLICT

Being a townhouse mate, bathroom mate or living on the same floor with someone is similar to other relationships– to be successful it requires openness, flexibility, and respect. Quite often conflicts arise because they fail to communicate with each other.

Although there are residence life staff members available (Residence Advisors, Residence Don) to help in mediation, we encourage students to first try and work out their differences on their own, by discussing the issues and to avoid further misunderstandings. If you feel your student still requires assistance resolving the conflict, please contact the Coordinator of Housing to address the issue.

Learning to live with another person, to acknowledge and respect each other's differences and to allow one another the space to grow are some of the most valuable parts of the residence experience.

ACADEMIC ANXIETY

Academic anxiety is a problem for many first year students. University coursework is very different than curriculum work in most high schools. Common anxieties among university students include time and priority management, scholarship pressures, and the structural differences between a typical university and a high school day.

If you sense that your student is experiencing anxiety related to his or her classes and/or coursework, a number of resources are available on campus to help: class instructors, Residence Advisors, Residence Don, Housing Coordinator and Student Services.

