

The Link

Bringing the Division of Student Affairs Home

Lisa Desautels-Poliquin, Vice President for Student Affairs

Student Affairs is simple: "The Division of Student Affairs enhances the Thomas College mission by engaging students in diverse co-curricular programs, services and activities that encourage personal growth and development." We follow a Wellness Model, recognizing that for students to be successful we need to be responsive to the whole person. To that end, the departments and services that fall under the umbrella of Student Affairs include Counseling Services, Dean of Students Office, Dining Center, Disability Services, Health Center, Leadership Development, Orientation Programs, Performing Arts, Public

Safety, Recreation and Intramurals, Residential Life and Housing, Student Accountability, Student Life/Activities, Student Senate, and the Vice President of Student Affairs Office. The staff in Student Affairs understand that our role is to respond, challenge and help each student to reach his/her fullest potential. There is a strong collaboration between academic affairs and student affairs. Together we provide a well-rounded experience for your student.

As your student begins his/her journey at Thomas, I offer these few tips that you might want to share with your student:

1. Be open to the experience: be ready to meet new people and experience new things. Also, remember that relationships at home will change as students mature and become more independent.
2. It's normal to be anxious, nervous and excited.
3. Take advantage and utilize the resources Thomas has to offer. It's OK to ask for help.
4. Respect others and the Thomas community; being an adult comes with privileges and responsibilities.
5. Get involved on campus. Time goes by quickly. Make the most of the many opportunities available at Thomas.

We are working to eliminate paper copies and send this newsletter electronically. Please send your email address to stuaff@thomas.edu so we can send you an electronic copy in the future. Thank you for your help.

Please don't hesitate to contact me if you have any questions or concerns. I look forward to seeing you and your student on August 25 at New Student Orientation.

Sincerely,

Lisa Desautels-Poliquin
Vice President for Student Affairs

IMPORTANT DATES TO REMEMBER:

Mandatory New Student Orientation:
Friday, August 25 -
Sunday, August 27

Classes begin on
Monday, August 28

Homecoming and Family Weekend:
Friday, October 13-
Sunday, October 15

More information will be mailed to you and posted on our website in a couple of months.

More helpful information for new students can be found at: <http://www.thomas.edu/inside/orientation/>.

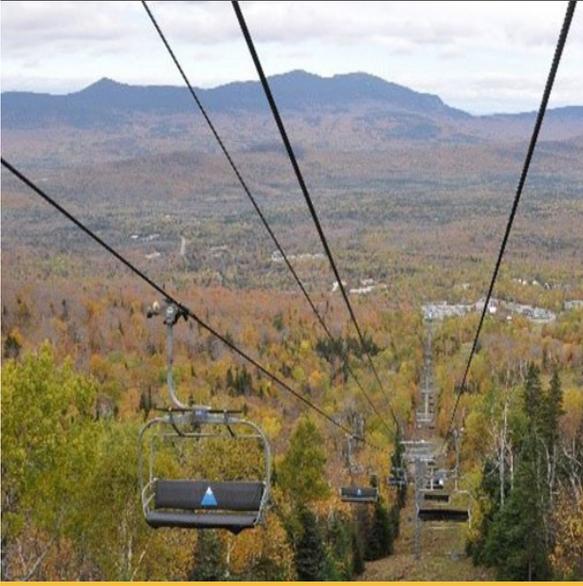
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Spring 2017 cast of Thomas Theater's *The Princess and the Pea*

Recreation and Intramurals, Jim Delorie, Director



We recently said goodbye to our 2017 graduates, wishing them all the success they deserve. Now plans for the 2017-2018 academic year are underway and we are preparing to welcome new students to summer orientation, preseason (athletes) and EDGE. In Recreation and Intramurals, a new year means new first experiences for the incoming class of 2021, including their first game of Humans vs. Zombies, and their first Get Out and Live (GOAL) trip. Then there is the all-important first chance to register for intramurals in addition to move-in day, new roommates and classes. The class of 2021 will have many firsts here at Thomas and they will all be exciting in their own way.

To get a jump-start on participating in intramurals, students can create their IMLeagues account on www.imleagues.com with their Thomas College email address. This will be the main source of knowledge and events around intramurals. Furthermore, IMLeagues has two apps that current students use for their intramurals, one of which is Rec*it. They may not see many sports and leagues on the app or website yet. Fall programs will be uploaded on August 1 so they can begin exploring them. However, as a preview, they can expect in the fall semester sports such as Flag Football, Dodgeball, Ultimate Frisbee, and Floor Hockey, to name a few.

If recreation and fitness are more your student's speed and style, we offer classes such as Zumba, Spinning, Hooping, Boot Camp, and Yoga. For your outdoor enthusiast we have GOAL trips that will take your student across the state to enjoy Acadia National Park, white water rafting in The Forks or zip lining in the mountains.

Here in Recreation and Intramurals we hope to offer something for everyone. We hope your student is as excited about these events as we are for them to arrive!

Did You Know?

A **student ID** is needed to access the Athletic Center as well as the Dining Center, the Health Center, Residence Halls and many activities that we provide to students. Students also use their ID to check out books and equipment from the library and can also show their ID at some local businesses to receive a student discount.

Students and family members may also populate a student's ID with Terrier Bucks, which can be used at the retail eateries on campus (The Dog Pound and Jeanie's Café) as well as at the Campus Store. Terrier Bucks can be added through the office of Student Financial Services or online at <https://webcard.thomas.edu>.

Because a student's ID is important to so many aspects of campus life, it is important, whether the student is a resident or commuter, for them to keep it with them in a protective sleeve and to not leave it where it could get misplaced or stolen. Students are not to allow others to borrow their ID. A lost, stolen or damaged ID will cost \$15.00 to replace. The charge is added to the student's account at the end of the month in which they received the replacement ID.

If you or your student has any questions regarding student ID's, you may call the Office of Student Affairs at (207)859-1243.

Right:
Basketball
Intramurals



The Wellness Connection—Cheryl Daggett, APRN, Director of Health Services

WELLNESS WINS!

Spreading Wellness

One Step at a Time



There is excitement and anticipation when college life is on the horizon. At the Thomas College Health Center, we want you to know how your student will receive their health care while they are with us at Thomas.

We are located in Grant Hall in what is known as the GPH Residence Hall. A student ID is required to get in if they do not live in GPH. We see both residential and commuter students on a walk-in, no appointment necessary, basis. Hours are posted on our InsideThomas website, TV monitors around campus, doors, business cards and any other creative way we can get the message out. We have daily office hours, including late hours once a week and Friday mornings.

The Nurse Practitioner is our healthcare provider and offers services daily. Our physician comes in once a week to see students by appointment only. Services and supplies from the Health Center are provided at no cost.

In order to provide your student with the best possible healthcare, it is essential that their required medical records be turned in to the Health Center as soon as possible. These include a record of a full physical exam done within this last year, (a statement of “good health” is not accepted), a medical history (list food and medication allergies) and the required immunizations: two MMRs and a Td/Tdap shot given within the last 10 years. Documentation of health insurance coverage is also required. If your student has not yet received the forms on which to document this information, please let the Student Affairs office know by calling (207)859-1243 or emailing stuaff@thomas.edu. The completed health information may be mailed to the Health Center or faxed to (207)859-1126. If you have any questions please call the Health Center at (207)859-1401.

I look forward to seeing your student soon!

HEALTH TIPS!

Be vigilant for ticks. Check your pets. Check yourself often. You can use a lint roller on your clothes or skin to check for them.

Eat well, sleep well and move more.
Enjoy the summer!



Above and Below: Students Visiting the Thomas College Health Fair 2017



Residential Life – Area Coordinators

The Office of Residential Life and Housing is thrilled that your student has decided to continue their educational journey at Thomas College, and we are excited to meet them when they arrive to campus in August! We wanted to take this opportunity to reach out to families of our students who will be in our residence halls this coming fall to give you a quick peek into our campus living environment. As students prepare to move to campus they might be thinking “what is living at Thomas like?” We hope this article will start to paint you and them a picture of the great experience students have here in our halls!

Our five different residential areas offer unique experiences for our students. First year students will live in either Hinman Hall, or the Grant, Parks and Heath residential complex. Both of these areas offer a traditional residential experience. In Hinman, each floor is separated into what we call pods and houses first year students only. In Grant, Parks, and Heath Halls, both first year students and a limited amount of upper-class students live on separate floors. Each building (Grant, Parks, and Heath) varies in community size and offers different environments to live. Parks Hall is co-ed by room with separate bathroom facilities, and also houses our themed Gaming Floor. Heath Hall offers a smaller community feel, with about fifteen students on each floor. Grant Hall is our quiet hall, with extended quiet hour times for those who prefer quieter environments in which to study and get to know their peers. You can learn more about each of the halls by visiting the Thomas College website! In case the idea of living in a new place seems overwhelming to your student, we want to point out that they will always have someone available to help them!

Every year in the spring semester, twenty-three upper-class students are selected and trained as Resident Assistants (RA’s). The RA’s are campus leaders who live in our community and oversee a particular hall or area where students reside. Your student’s RA will be their go-to resource throughout the year, as they are present and available in their areas to assist your student in numerous ways! Adjusting to living in a new place with new people can sometimes be challenging, so our RA’s work with their students in mind to create floor activities and social events every month which will give students the opportunity to meet and connect with others on their

floor and the greater Thomas Community. In addition to this, every night of the academic year there is a RA on duty in each of our residential areas. During these duty hours, RA’s act as first responders to any concerns that arise for students. RA’s will make sure communities are welcoming and inclusive environments which they can call their home away from home while they work towards personal and professional success.

Also a part of our Residential Life team is our professional staff known as Area Coordinators (AC’s). At Thomas we have three AC’s who live and work on campus; they are the administrative overseers for each of their respective residence halls; one for Grant, Parks, and Heath Halls, one for Hinman Hall and the Villages, and one for Bartlett Hall and the Townhouses. AC’s get to work directly with the students in their areas for any concerns which require professional assistance, as well as provide social and educational events for students to get to know them and interact with the building community. There is an Area Coordinator on-call twenty-four hours a day to assist students and Resident Assistants if any immediate concerns arise in the residences that require professional attention. Our Area Coordinators enjoy working within the residence halls and getting to know the students who live in their areas.

Now, we know your student is anxious to begin their college career and may be wondering about their housing and roommate assignments. During the mid-to-end of July they will be mailed or emailed a letter welcoming them to the Thomas community! This letter will detail their housing assignment and let them know the name and contact information of their roommate. We encourage them to begin talking and getting to know their roommate before arriving at campus in the fall, and it may be helpful to also review our information about the halls and what to bring or not to bring. The internet link for that information is provided below!

We hope this information has been helpful and that sharing it with your student will get them excited for the upcoming fall! Should you have any questions, feel free to contact us and we would be glad to help! Below is some useful information that will guide you to some of the resources pertaining to our department.

Contacts and Helpful Links:

Hannah Gladstone, Dean of Students, Student Affairs Office, (207) 859-1216, gladstoneh@thomas.edu

Lizz Tharpe, Area Coordinator, Hinman Hall and the Villages, (207)859-1305, bishopl@thomas.edu

Michael Blasco, Area Coordinator, Bartlett Hall and Villages, (207)859-1109, blascom@thomas.edu

Michelle Yates, Area Coordinator, Grant, Parks and Heath Halls, (207)859-1415, yatesm@thomas.edu

Information for Residents:

Campus living and campus life: <https://www.thomas.edu/live-campus-life/housing-dining/>.

Resource for what to bring to campus [**sanctioned fridge sizes (no larger than 2.7 cubic feet!)**], and other residence room information: <http://www.thomas.edu/inside/residential-life/residential-resources/>



TLC at TC Program

Thomas College offers a program called TLC at TC as one of the services for resident students. If your student tells you they are not feeling well, you can access a form on our website at: <http://www.thomas.edu/inside/student-resources/student-forms/student-housing/tlc-at-tc/> to request a care package to be brought to your student.

The form will request some basic information and ask why you believe your student needs some TLC. The package, delivered within 24 hours of your request by a member of our professional Residential Life staff, typically contains chicken soup and ginger ale and always includes a check-in with some TLC!

This, obviously, is a service to supplement any medical care needed. If your student needs immediate care or is experiencing a medical emergency, they should contact the Thomas College Health Center, their Resident Assistant or Area Coordinator, or Public Safety.

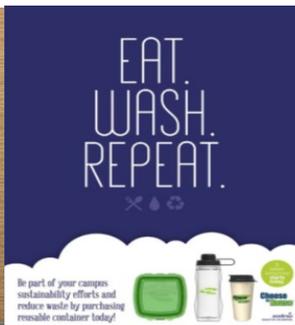


What's New in Dining Services—Jody Pelotte, Director of Dining Services

What can your student expect from Dining Services at Thomas College starting fall 2017?

- ◇ Roll out of MyDtxt. MyDtxt is a mobile texting program allowing students to communicate with Dining Services quickly and efficiently by reaching them directly on their mobile phones. This allows us to respond to customer feedback in real time.
- ◇ New last year, our Choose to Reuse program will continue offering students on the go a great new to-go option. Students can sign up at our checkers station.
- ◇ More locally sourced foods than ever before; grown here, served here.
- ◇ A dining web page that will allow them and their guests to see our menus in real time on their smart phone. The web page will also offer nutritional info and a lot more.
- ◇ Revised fall menus for all areas of dining and retail locations.
- ◇ Access to nutritional consultation through Thomas College Dining Services.
- ◇ Mindful options that are nutritious, taste great, and are created to satisfy. We offer a minimum of one mindful dining option at each meal. Learn more about making healthy choices second nature: <https://mindful.sodexo.com/>.
- ◇ MyZone, a gluten-free, peanut and tree-nut free, area of the Dining Center for those with food allergies. These students are encouraged to meet with a dining staff manager to ensure that their dietary needs are being met. Our managers and chefs are Certified Allergen Trained through AllerTrain, the award winning nutritional partnership. In addition, all frontline staff members have completed allergen training with the campus dietician.

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- ◇ Innovation - We have lots of great ideas for the coming year to make the dining program better than ever before! Each station and retail location will offer something new. Stay tuned!

For more information on dining options, meal plans, etc., visit us at <https://thomas.sodexomyway.com/>.



THE MAINECOURSE

by **sodexo**

Counseling Services—Carol Jollotta, LCSW, Counselor

As you are preparing to send your son or daughter to Thomas in the fall I want to give you a few things to consider:

Anxiety is the most common struggle reported among college students. I believe that this is even truer for those who are the first in their families to go to college. Help your student to remember that there are a variety of supports available to them at Thomas and encourage them to reach out sooner than later. Personal counseling is available on campus for all full-time day students. The wait time between the request for an appointment and the actual meeting is minimal, generally not longer than 2-3 days and oftentimes less.

Help your student to remember the basics of self-care – most importantly to establish a pretty regular sleep pattern. Sleep deprivation seems to run rampant among college students and can have a significant impact on your student’s health and wellness. Going to bed at about the same time each night and prioritizing adequate sleep as a *necessity* are good starting points. If your student struggles with sleep, Counseling Services can help. In just a few sessions we can help your student to learn some breathing and mindfulness techniques that will assist them to fall asleep more readily.

Technology will certainly help you and your student to stay connected across the miles while they are at school. With that said, please consider not messaging your student during class time. If your student has his/her phone out during class the urge to check the message can be too tempting. Being in constant contact, while a seeming norm among this generation, is not necessarily helpful.

Counseling Services looks forward to collaborating with you as needed to ensure that your student has access to supports to assist them to be successful at Thomas. Should you have questions or concerns, please do not hesitate to contact the counseling staff by calling 207-859-1245 or emailing counselor@thomas.edu. Confidentiality of email communication cannot be guaranteed, so please refrain from emailing specific health information regarding your student.

Public Safety - Jason LaVerdiere, Chief of Public Safety

As we eagerly anticipate the start of the 2017-18 Academic Year and arrival of students, I wanted to take this opportunity to introduce you to our department and the services we provide to the Thomas College community. We focus on developing positive relationships with the students, faculty and staff we serve based on service, education and mutual respect.

Our Mission Statement:
“The Public Safety Department is responsible to ensure reasonable protection of persons, property, and facilities of the college, with particular focus on the development and implementation of services and programs designed to enhance crime prevention, personal safety, and personal awareness to the Thomas College Community.”

Where We Are:

The Public Safety Office is located in the lobby of the Grant Parks Heath Residence Complex. Officers are reachable 24 hours a day by calling (207) 859-1399 or by dialing 399 from any campus phone.

Who We Are:

The Thomas College Public Safety Department operates under the Division of Student Affairs and is staffed by a Chief, Sergeant, and both full and part time professional Public Safety Officers, bringing years of public safety, military and law enforcement experience to the organization. Our officers maintain CPR, AED and First Aid certifications and participate in annual departmental trainings, conferences and workshops.

What We Do:

The Public Safety Department provides 24-hour coverage to the Thomas College community 365 days a year. In doing so, we provide the following services along with many others:

- Campus patrol and facility security checks (on foot and by vehicle)
- Response to incidents (fire, medical, suspicious activity, etc.)
- Partnerships with themed campus educational programs
- Enforcement of campus policies and regulations.
- Requests for service (resident lockouts, etc.)
- Annual self-defense workshops for male and female students

- Enforcement of campus parking and traffic regulations
- Oversight of the campus Lost and Found

If you have specific questions or comments regarding safety on campus, please feel free to contact me at (207) 859-1399 or at Publicsafety@thomas.edu.



L-R Officer Cunningham, Chief LaVerdiere & Officer Greene proudly serving the Thomas community

Below: Students enjoying dogs brought to campus as part of Student Appreciation Day 2017



Yearbook Ordering and Shipping Information

At the beginning of each school year, students need to fill out a waiver form with the Student Financial Services office that includes a place to check off if they want a yearbook for that year or not. If they do not complete a waiver form saying they do NOT want the yearbook, it will automatically be charged to their account. If you notice a charge on your student's bill in fall 2017 for a yearbook, they will receive the book late fall 2018. They will not receive it until then because we include all spring events including Commencement and the yearbook is compiled over the summer.

It is very important to let us know if the student's address changes if they leave school because the company that prints the yearbooks ships them directly to students who are no longer enrolled. If their yearbook is shipped to a former address or comes to the campus and they are no longer a student here, Thomas College is not financially responsible to pay the shipping fee to the new address. In this case, students will need to make arrangements in the fall to pick up their book or pay the postage to have it shipped to them. Please make your student aware of the above information and have them double-check the email address we have on file for them.

Students who paid for a yearbook and are still here at Thomas the following fall will receive an email letting them know when they can come pick up their yearbook in the Student Affairs office.

Please contact us at (207)859-1243 or stuaff@thomas.edu if you have any questions.

Student Life—Michael Sales, Coordinator of Student Life

Student Life is Gearing Up for an Exciting Year!

It may be summertime now and the campus is devoid of the hustle and bustle of students, but in just a few months the campus will come alive again. Student Life is working hard to ensure the transition to Thomas is an enjoyable one through our New Student Orientation program in August. We are looking forward to meeting the incoming class and we have a fun-filled program planned.

Additionally, the Student Life office organizes activities and events throughout the semester with the assistance of the student-run Campus Activities Board (CAB). They are excited to bring events like comedians, hypnotists, inflatable games, free movie nights at the local theater, bowling nights, and even an acapella group and bubble soccer, plus a lot more! Immediately following New Student Orientation is Welcome Week, and is the perfect opportunity to get involved in a variety of events. Welcome Week boasts over 50 events in nine days and includes a trip to a Red Sox game, live entertainment, an ice cream social, a service project with the Food Bank, a trip to Bar Harbor and Acadia National Park, just to name a few. The Terrier Fair is also held during Welcome Week and that is your chance to meet and talk with representatives from the 30+ clubs and groups on campus—an opportunity not to miss! Following the Terrier Fair, the room is transformed into a giant poster sale. So, if you are looking to spruce up your digs, this is the place to do it!

Student Life Calendar:

This link will direct you to the student life calendar. This calendar contains a month-to-month breakdown of events on campus, as well as important dates pertaining to housing. This is a great resource to check throughout the semester, as it is updated regularly. <http://www.thomas.edu/inside/activity-and-recreation/upcoming-events/>

Lastly, new students are often concerned about transportation and getting around Waterville and back home for break periods. The Student Life office arranges a weekly shuttle around Waterville and a few times a semester offers specialty shopping trips (Augusta Marketplace, The Maine Mall, Freeport, Maine, etc.). For each break (Thanksgiving, Winter, February, and Spring), we offer a shuttle to those students needing to connect with either a bus, plane, or train in Portland, Maine. Details on how to sign up for the break shuttles are sent to all students via email during the semester and can also be obtained by contacting our office.

I am looking forward to an excellent year ahead! If there is an activity or event that you'd like to see at Thomas, please do not be a stranger—we are always looking for new ideas!

Below: Students at Summer 2017 Pre-Orientation



We are looking forward to seeing your student at the **Mandatory New Student Orientation, August 25-27, 2017.**
The Orientation theme this year is *Color Your Campus.*



Thomas College
Office of Student Affairs
180 West River Road
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