

R·I·T Parent & Family Programs

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Dear Parents,

We've had an easy winter here in Rochester, but the temperature is taking a downward turn this weekend. No need for concern, the forecast is predicting we'll be back to the 30s and 40s next weekend, just in time for Freeze Fest.

News and Deadlines

Into the ROC

RIT's Leadership Institute and Community Service Center has developed a new initiative—Into the ROC—with the purpose of helping RIT students become engaged in the Rochester community through service and exploration. The kick-off event, held on February 15, supports the American Cancer Society B. Thomas Golisano Hope Lodge Hospitality House. Hope Lodge works to address the financial strain experienced by cancer, trauma and organ transplant patients and their caregivers by providing free or low-cost lodging. RIT student

volunteers will be taken to the Hope Lodge to prepare a meal for the residents and engage in social activities such as Bingo. Interested students can register on [The Link](#); space is limited.

Future Into the ROC events include Foodlink/Artisan Works on March 5 and Ronald McDonald House/Rochester Pedal Tour on April 2. Students can learn more about upcoming events and RSVP on [The Link](#).

Freeze Fest

RIT's 7th annual [Freeze Fest](#) will be held on February 18-21. Freeze Fest livens up the cold month of February with a variety of activities for students across the weekend. Featured events this year include Freeze Fest 5k, Chocolate on Ice, Men's Hockey against Niagara University, comedians John Mulaney and Nick Kroll, and One SpiRIT: Global Unification, an interactive event that will showcase recorded performances by student groups in Rochester, Dubai, Dubrovnik, Kosovo and Zagreb.

2016 Major, Minor, and Immersion Fair

On February 25, the College of Liberal Arts and the College of Science are hosting the 2016 Major, Minor, & Immersion Fair. This event gives students the opportunity to learn first-hand from faculty about the options available to complete their required immersion and check out all the minors and double majors available in COLA and COS. The Fair is from 11:30 a.m.-1:00 p.m. in Fireside Lounge and 1829 Room. There will be free pizza and door prizes for the first 50 attendees.

Spring Career Fair

The Spring Career Fair will be held on Wednesday, March 2 from 10 a.m. to 4 p.m. in the Gordon Field House. The Career Fair draws over 250 companies and over 4,000 students and alumni searching for co-op and full-time employment. Participating companies range from small tech firms to Fortune 500 companies. Students can swipe in the day of the fair with their RIT ID or pre-register in various locations the week prior to the event (dates and locations for pre-registration are on the [Career Fairs website](#)). In preparation for the fair, students can also attend [Career Success Workshops](#), which include resume review sessions.

Career Clothing Open House

On Monday, February 29, students can attend the Career Clothing Open House from 1:00 to 3:00 p.m. in the Bamboo Room. The Division of Diversity and Inclusion has collected gently-used clothing that will be available to students in need of professional clothing for the Career Fair. Clothing is free to students on a first come first served basis.

Spring Break

It's only February, but your students may already be looking forward to a trip to a warm destination, time home with family, or the opportunity to catch up on coursework. Spring Break is on March 21-25. If your student is traveling, please have a discussion within the next month about Spring Break safety and health. Housing Operations requests that students who are leaving their RIT housing for the week prepare by emptying trash cans and cleaning our fridges, locking windows and doors, and unplugging electronic equipment. RIT housing is open for students who remain on campus during Spring Break. Dining hours and locations during the week can be found on the [Dining Services website](#).

At RIT, wellness means more than just health. [Student Wellness](#) programs and services support student success by enhancing the overall health and wellness of our student body and community. There are seven dimension in RIT's wellness programs: emotional; physical; social; career/academic; spiritual; financial; and environmental. While there are many departments and programs within Student Wellness, this section will focus on two: the Wellness Instructional Program and Tigers Care.

Wellness Instructional Program

RIT students seeking a bachelor's degree are required to take two different wellness courses during their time at RIT; students seeking an associate's degree are required to take one course. The wellness graduation requirement is designed to help students develop and maintain a well-balanced lifestyle and to assist all students in making healthy decisions to support their academic and social interactions. Students can choose from more than 550 courses within eight disciplines:

- Health and Wellness Seminars
- Dance
- Fitness
- Life Support and Safety
- Lifetime Recreation and Leisure
- Outdoor Education
- Martial Arts
- ROTC

Courses range from seminars, such as How to Become Smoke Free, to activity-based courses, such as Weight Training and Rock Climbing. Students also have the opportunity to pick up a new skill, such as Juggling, or take a class to get in better shape for the annual campus-wide game of Humans vs. Zombies. With such a wide variety of courses, your student should not have difficulty finding one that meets his/her interests while filling the wellness requirement. A full list of course offerings can be found on the [Wellness Courses website](#).

Students can take as many Wellness courses as they wish, and many choose to take more than what is required for their degree. RIT covers the cost of the first two Wellness courses up to \$190. Students are responsible to pay course fees that exceed that amount, and any fees for additional courses after the required two (for a bachelor's degree). These course fees are included in the tuition bill from the Student Financial Services office.

For questions about the Wellness Instructional Program, contact Michelle Schrouder, Associate Director, Wellness Instructional Program (mabcst@rit.edu).

Tigers Care

Tigers Care is a campus-wide effort to enhance, promote, and sustain a culture of caring and support at RIT. Through this initiative, students are encouraged to understand the [resources](#) available at RIT and to use those resources when they are facing challenges. Additionally, Tigers Care is about creating a community of caring, active bystanders, who support each other, look out for each other, and help connect fellow students in need to resources. Watch RIT students and staff explain [what Tigers Care means to them](#).

For questions about Tigers Care, contact Donna Rubin, Assistant Vice President for Student Wellness (donna.rubin@rit.edu).

Notice Regarding Hoverboards

Due to the recent safety concerns associated with self-balancing scooters, more popularly known as hoverboards, RIT is temporarily prohibiting these devices on our campus until further notice. A message regarding the ban was sent to students on January 27. The rationale for this decision is based on the safety concerns from numerous instances of hoverboards spontaneously catching fire causing both personal injury and property damage. The Consumer Product Safety Commission is currently investigating these issues and once their review is complete, RIT will revisit the status of this temporary ban. If your student has a hoverboard, please make sure they understand the ban. Specific questions regarding the safety concerns of hoverboards can be directed to John Zink, Associate Vice President (jgzrmss@rit.edu).

Parent Poll

Each month, we ask parents to respond to our Parent Poll and provide feedback on a topic related to RIT, your student, and you. In January, we asked RIT parents “During fall semester, on what topic regarding your student did you personally contact RIT?” Most of you did not personally contact RIT last semester. The most common topics parents contacted RIT about were academics or roommate/housing concerns. Please take a moment to answer our [February question](#).

Parent Tip of the Week

Give your students interview tips in preparation for the Career Fair

It's never too early for your student to think about life after college. With the Career Fair coming up in March, this is a good time of year to give your students career and interview tips. Students should be thinking about writing a resume, even if they don't have much to include at this time. Developing a resume early means that students can add to it as they gain experiences. Additionally, students may need a resume as they apply for campus employment, co-ops, and summer jobs and internships, so it can relieve some stress by having one on hand. The Office of Career and Cooperative Services offers [resume writing tips](#), and students can get their [resumes reviewed](#) between February 22-26 in preparation for the Career Fair.

Career preparation is more than just having an updated resume on hand. For many students, the Spring Career Fair will be their first time presenting themselves as a professional. Offer your students tips on how to present themselves, such as knowing how to talk about their strengths, doing research on the company to which they are interviewing, and having questions prepared for potential employers. Additionally, offer your students tips on appropriate interview attire.

Listserv Preferences

If you would like to change your email preferences for this list or unsubscribe from the Parent and Family E-Newsletter, you can do so on [this site](#). *Please note that updating or removing your email address from this list does not change or remove your information from the official RIT parent database.*

Sincerely,
Chelsea Petree

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