Residence at Grenfell Campus
A Parent’s Guide

Even though your child is in university, you still have an important role to play in their lives. We’ve created this guide to help ease the transition and give you some information that might be helpful in your efforts to support your child through this exciting and challenging experience.

Rest assured that while at Grenfell, your son or daughter will be well taken care of. While increased independence and self-reliance are important parts of university life, our residence staff have gone to great lengths to ensure that the residence experience is safe, affordable, supportive, convenient and fun.

Residence students form close connections to the campus and build relationships easily, and have convenient access to all the facilities and services on campus. They can take advantage of the many programs and activities in residence designed to support their academic and personal growth.

Our residence life team also provides opportunities for residents to get involved in recreational, social and leadership activities. A variety of student leadership opportunities are also available and you should encourage your child to pursue them.
Frequently Asked Questions

**WHAT IS RESIDENCE LIFE LIKE?**
We develop and foster a community living environment which promotes the academic and personal growth of each individual resident. We strive to promote an appreciation of individual differences and assist students in adapting to both residential and university life. We work to maintain facilities that are comfortable, safe, affordable and keep pace with the technologies available. Our offices are always open to students and you should encourage them to visit us with any questions or concerns.

**HOW MUCH STUDYING GETS DONE IN RESIDENCE?**
Our residences are conducive to academic success. Private rooms and quiet hours mean fewer disturbances while studying. Live-in staff and residence assistants are always available for support. Also, each bedroom is wired for unlimited internet access and digital phone service which allow students to do research and study in their rooms.

**WHAT IF STUDENTS HAVE CONCERNS?**
Each floor of about 30 students has a residence assistant. As well, we have two residence coordinators on campus, student housing staff and campus security are just a phone call away. A host of services, both personal and academic, are available to students at Grenfell. Look for a list and full description on the next page.

**HOW SAFE IS THE CAMPUS RESIDENCE?**
While our campus and the surrounding areas are generally very safe, we take a number of precautions to ensure that they stay that way. Campus Enforcement and Patrol are present on campus at all times and staff the front desk at the main entrance to the Campus. Additionally, only residents have keys to the floor entrances which are always locked. The digital phone network allows Campus Enforcement to track the location of any 911 call while simultaneously notifying emergency services.

**WHAT ABOUT ROOMMATE CONCERNS?**
Grenfell’s private bedroom design helps to mitigate most roommate concerns. However, students must share some space. They must be open and respectful. Encourage your child to communicate with other students. Staff members are available to help in mediation only when student conversations are not successful. Learning to live with another person, to acknowledge and respect each others differences and to allow each other to grow and develop are some of the most valuable parts of residence life.

**WILL MY SON OR DAUGHTER HAVE TROUBLE MEETING PEOPLE?**
Students in residence have many opportunities to meet people and make friends. There are clubs and societies, study groups and lots of social activities to take part in to meet other students. The best advice you can give your student is to participate and the rest will take care of itself.

**HOW DO WE KEEP IN TOUCH?**
Every room at Grenfell has a digital phone with voicemail so messages can be left when your child is away. Your son/daughter will be assigned a direct dial number on arrival in September. Each room also has internet/network access available and each student will have a personal Grenfell email address where private email can be sent and received. As well, mail is received daily by the Housing Office and placed in each student’s personally assigned mailbox.

Your son/daughter’s address will be:

Student’s name  
Box # (assigned by Housing Office upon arrival)  
Student Housing Office, Grenfell Campus  
Corner Brook, NL, Canada A2H 6P9
Services available

Student Services offers support on student employment, recreation, financial support programs, scholarships, counseling services, academic support services and any other aspect of their life as a student here at Grenfell.

Students may find that professional help in the form of counseling services can aid them with academic or personal problems. Professional counsellors are available for individual counselling by calling 709 637 6232. Encourage your child to seek counselling if you feel it necessary. All sessions are confidential. Student Housing staff can make counselling arrangements.

The Learning Centre, located in the Student Service Centre, is an academic support centre focused on helping students succeed in university. The following services are available at the Learning Centre: academic assistance in math and writing, peer tutoring, supplemental instruction and personal development sessions including study and life skills seminars.

Disability Support Services can help students with disabilities to arrange for accommodations and liaise with faculty on a student’s behalf.

Visit Career Development for services like resume writing, educational resources, career workshops and employer networking events, and job searching and employment information. Students can also learn about student job opportunities available at Grenfell.

Faculty and students from the School of Nursing operate the Wellness Centre where you can find information on various lifestyle, health and well-being issues relevant to students at university. Starting in September there will be a part-time health services clinic operating out of the Arts & Science residence for students.
Student housing staff

JENNIFER MITCHELL, MANAGER 709 637 6270, jmitchell@grenfell.mun.ca
Responsibilities include: general management of all aspects of housing operations and residence life including working with closely with the residence life officer and other housing staff, campus administrators, and student leaders to ensure the best possible living environment for Grenfell Campus residence students.

NICOLE NEWELL, RESIDENCE LIFE OFFICER 709 637 2590, nnewell@grenfell.mun.ca
Responsibilities include: orienting new students to residence, identifying student needs and developing appropriate programming, responding to student problems and issues, promoting responsible behavior among residence students and supervising student staff. Nicole lives on campus and is part of the campus community.

ADMINISTRATIVE PROGRAM ASSISTANT 709 637 6266, grenfellhousing@grenfell.mun.ca
Responsibilities include: front-end administration of the Student Housing Office including relations with maintenance and custodial staff, purchasing, bookkeeping and correspondence with students.

RESIDENCE ASSISTANTS
Each floor in the residences has a residence assistant who performs a variety of functions within the residence and serves as the primary resource person for students. R.A.s will organize activities and events, and assist and advise students.

RESIDENCE COORDINATORS
We have two residence coordinators that live on campus and are available during the evenings and weekends. They are professional on-call support staff who respond to student issues and concerns.

Your child can be part of the governing student body through housing positions, or as a committee member with the Grenfell Campus Student Union (GCSU). Volunteer positions are available to students who wish to contribute their time and energy to promoting Grenfell spirit by being members of the Residence Council, Residence Floor Representatives, and Residence Appeal Committee members.
How you can help

While every family relationship is unique, we observed some common themes over several years of living and working with new university students. We offer our suggestions with the hope that you may find some of them helpful.

■ Show concern about their lives and understand their struggles. Ask questions, but try not to invade their privacy. Often students will let you know what is happening, but at their own pace and timing.

■ Academic expectations are rigorous at Grenfell Campus. It is not uncommon for student grades to drop in university as your child is experiencing a difficult life transition from high school to university, both in and out of the classroom. If needed, encourage them to get help at the Learning Centre. Students who seek a little assistance typically get back on track and succeed in the classroom.

■ It is important to write letters or use email (but don’t hang over the mailbox waiting for one in return). Students are curious about what you are up to and may expect to know more about what you are doing but be less inclined to let you know what they are doing.

■ Students often feel stressed just after midterms or near the end of the first term, when work is piling up, marks aren’t what they’d hoped and they’re feeling overwhelmed. It’s important that you don’t panic; remember that this is normal, and as much as you’d like to alleviate their stress, you cannot (and should not) fix this for them. They will rely on you to be calm and reassure them of their ability to successfully work through the challenges. Encourage them to seek help from campus resources.

■ Understand that your son/daughter may have some challenges returning home on academic breaks after experiencing life on his or her own. For months previous, they’ve been independent. Sometimes they come home with new expectations for family members. It’s a transition time for everyone.

■ Be knowledgeable about campus resources. Ask your son/daughter to let you read the materials they receive in preparation for coming to Grenfell. Check out the University Diary for the Academic year in the beginning pages of the Memorial Calendar, so you’re aware of significant dates.

■ Send food and care packages, a sure sign of support and concern (You have no idea how excited students get when these arrive!)
Important dates

July 15, 2014, Tuesday
Registration begins for eligible students registering in undergraduate courses, Fall semester 2014.

August 31, 2014, Sunday
Residence opens for first year students starting at 10 a.m.

September 1 & 2, 2014, Monday & Tuesday
Orientation for all new first semester students.

September 3th, 2014, Wednesday
Lectures begin, Fall semester. Deadline for fees payment.

September 17, 2014, Wednesday
End of regular registration period and last day for undergraduate and graduate students to add courses, Fall semester. Last day for undergraduate students to drop courses and receive a 100% refund of tuition fees, Fall semester.

September 24, 2014, Wednesday
Last day for undergraduate students to drop courses and receive a 50% refund of tuition fees, Fall semester.

October 1, 2014, Wednesday
Last day for undergraduate students to drop courses and receive a 25% refund of tuition fees, Fall semester. No tuition fees are refunded for courses dropped after this date.

October 13, 2014, Monday
Thanksgiving Day. No lectures. Fall semester break begins at Grenfell Campus.

October 15, 2014, Wednesday
Lectures resume; classes will follow the Monday schedule on this day only.

October 23, 2014, Thursday to October 28, 2014, Tuesday
I Love Grenfell days: Join in this annual festival of events at both Grenfell and St. John’s campuses celebrating creativity, diversity, service and leadership at Memorial University of Newfoundland.

October 22, 2014, Wednesday
Last day for undergraduate students and graduate students to drop courses without academic prejudice, Fall semester.

November 3, 2014, Monday
Registration begins for eligible students registering in undergraduate courses, Winter semester 2015.

November 11, 2014, Tuesday
Remembrance Day holiday. No lectures.

December 3, 2014, Wednesday
Lectures end, Fall semester.

December 8, 2014, Monday
Examinations begin, Fall semester.

December 17, 2014, Wednesday
Examinations end, Fall semester.

December 18, 2014, Thursday
Student Housing closes for Fall 2014 semester.
GRENFELL CAMPUS

Canada Post: P.O. Box 2000, Grenfell Campus
Corner Brook, Newfoundland and Labrador A2H 6P9 Canada

Courier/delivery: 20 University Drive
Corner Brook, Newfoundland and Labrador A2H 5G4 Canada

TELEPHONE: 709 637 6266, TOLL-FREE: 1 888 637 6269
FAX: 709 639 8125
EMAIL: grenfellhousing@grenfell.mun.ca