GREETINGS PARENTS & FAMILIES!

The Office of Residence Life & Housing believes that a student's support system has an integral role to play in the success of their overall college experience. We have made it a priority to embrace all Parents and Families by spreading awareness about certain aspects of our office. In this newsletter, you will learn about RAs and how your Spider can become one, ways your Spider could be a better roommate, how to support your Spider through the end of the semester, and more!

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In all honestly, the best part about being a Spider so far has been the full circle moments that I have experienced due to the opportunities I have been given along with freedom those opportunities have created. For instance, my first semester was the most challenging time of my life since I felt entirely overwhelmed and isolated and while that anxiety was at times all consuming, I am now in a position where I can give guidance and a helping hand to first-year students currently experiencing the emotions I was. Because I was given the opportunity to apply to a position that directly supports students, I am now able to spend time and energy ensuring that first-years consistently have someone in their corner.

**ADVICE TO PARENTS...**

Try and be mindful that college students are continuously going through changes both big and small that affect their lives in different ways. Encourage them to make use of the resources offered on campus through faculty and their peers, but more importantly reassure them that you are there for them if they need you. Creating a balance between concern and genuine curiosity can be extremely helpful in effectively communicating with them, as we often get it in our heads that we can and should be able to do everything without help from other.

**ADVICE TO SPIDERS...**

While it might seem like college is a place where one immediately finds their groove, remember that it is perfectly okay to feel unsure. At the end of the day, you are in a completely new environment and having some hesitation is a perfectly reasonable reaction. Although feeling unsure is normal, it is important to try and not to let it prevent you from reaching out, instead, put yourself out there and make connections by going to different events on campus. Be open and allow yourself to try new things, meet new people, and make mistakes. Of course, this doesn’t mean you should spread yourself thin and sign up for anything you see, but rather you should focus on what makes you feel happy.
Our 2022-23 Resident Assistant application is currently open and accepting applications until January 31st at 11:59pm. This is a 15 hour a week position where your student will learn new skills, develop community, help create a safe and comfortable living environment, and support residence hall and University policy. More information about the position and application process can be found here: https://residencelife.richmond.edu/residence-life/Support/resident-assistants.html

**Qualifications**
- Cumulative 2.5 GPA at the time of hiring
- In good conduct and honor standing with the University
- Available for minimum of 1 semester
- Attended an info session (see below)

**Timeline**

**Submit RA Application**
- Due Jan. 31st at 11:59 PM
- See QR Code below

**Applicant Open House**
- More info will be sent post application submission.

**Interview Weekend**
- February 11th-12th, 2023

**Decision Letter**
- February 17th

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**Info Sessions**

- **Thursday, October 27th**
  - Whitehurst Living Room
  - 6 PM

- **Tuesday, November 15th**, via Zoom
  - 4 PM

- **Friday, January 13th**
  - Location TBD
  - 3 PM

- **Wednesday, January 25th**
  - Location TBD
  - 7 PM
How To Be A Good Roommate

With Fall break behind us and Thanksgiving break ahead you may notice your student feeling the close tail end of the semester approaching and the added pressures & stressors that may come along.

Under times of certain stress it may be easy to take the little things out on the ones around us and in this case your student may have some conflicts arise with their roommate(s).

Although Thanksgiving break may be a good time for them and/or their roommate to step away from campus it is a good idea to remind them to come back and finish the semester strong with their roommate(s).

GOALS

- Help your student understand their realistic needs to be able to live in a space where they feel at ease, comfortable, and at home away from home
- Recognize if roommate conflicts are adding additional stress to them
- Help your student navigate conversations with their roommate and be a source of support

STRATEGY

- Talk to your student about any disagreements or conflicts that have come up
- Provide input as an outsider and provide proactive solutions
- Remind them to complete a Roommate Agreement and refresh their boundaries if needed
- Remind them to sympathize and continuously work to get along with their roommate as all relationships require continuous work
The transition to college may be a difficult journey, and not just for first-year students. It is a time filled with an overwhelming amount of change from new environments and roommates to new challenges with exploring majors and new ideas. As a member of the Spider Family, you play a crucial role in providing additional support to your Spider. Please see the topics below for ways you may assist in supporting your student.

**First Finals Week Support Tips**

- Promote Self-Care by encouraging your Spider to get ample rest, eat the proper foods, and maintain a consistent balanced diet.
- Academic success means different things to different students. Talk to your Spider about their goals for their first semester.
- Create a supportive environment, ask your Spider how you can support them through finals week.
- Encourage your Spider to attend their Professors' office hours if they have questions or they are struggling.
- Understand the resources our campus provide so you can encourage they seek assistance!

**Preparing For Your Spider To Come Home...**

- Home Sweet Home! Welcome them home with all things that they find comfort in and peace in. They have just gone through very stressful times and could use solace.
- Reflect on the semester with them in appropriate time, let them unwind, sleep in a little, and to adjust before jumping into reflection.
- Expect an adjustment period. College is one of the most transformational times in a person's life, embrace and support your student through any identity adjustments.
- Communicate and reset boundaries. Understand they have been living on their own with different sets of rules than potentially they will have at home. This may need a conversation about expectations while being at home.

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**Policies & Services**

- RLH Policies: [https://residencelife.richmond.edu/policies-and-services/policies/index.html](https://residencelife.richmond.edu/policies-and-services/policies/index.html)
- Room Change Process: [https://residencelife.richmond.edu/housing/RLHRoomChangeProcess.pdf](https://residencelife.richmond.edu/housing/RLHRoomChangeProcess.pdf)
- Housing Services: [https://residencelife.richmond.edu/policies-and-services/services/index.html](https://residencelife.richmond.edu/policies-and-services/services/index.html)
- Contact Us: [https://residencelife.richmond.edu/about/index.html](https://residencelife.richmond.edu/about/index.html)
Roommate Notification

If your student has a vacancy in their room they can be assigned a new roommate at any time. We give students at least 48-hours notice of a new roommate. We will be making spring housing assignments in the next several weeks, and will notify students of a new roommate assigned for the spring semester.

Winter Break

- November 30 - Winter Break Request due
- December 9 - RLH notifies students of Request status
- December 14 - Halls & Apts. close at 12 pm

Housing Selection

- February 6 - Housing application open
- February 6 - Roommate portal opens
- March 6 - Housing deposit due by 5 PM
- March 12 - Housing application closes

Want to stay connected?
Follow us on Instagram @richmonдрlh