Dear Families,

On behalf of the Division of Student Affairs, I’d like to welcome you to Thomas. I’m pleased that your student has chosen to pursue his/her education on our campus and look forward to partnering with you on your students’ success.

At Thomas, we believe that education occurs both inside and outside the classroom. Our mission in 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 office of the Vice President for Student Affairs. 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:

- 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.
- It’s normal to be anxious, nervous and excited.
- Take advantage and utilize the resources Thomas has to offer. It’s OK to ask for help.
- Respect others and the Thomas community. Being an adult comes with privileges and responsibilities.
- Get involved on campus. Time goes by quickly. Make the most of the many opportunities available at Thomas.

Please don’t hesitate to contact me if you have any questions or concerns. I can be reached at (207) 859-1243 or stuaff@thomas.edu.

I look forward to seeing you and your student on August 26 at New Student Orientation.

SAVE THE DATES:

New Student Orientation:
Friday, August 26 - Sunday, August 28, 2016

This event is mandatory for all new students, even if they came to June Pre-Orientation. New Student Orientation will give participants the tools to have a successful first year of college.

Homecoming and Family Weekend:
Friday, October 14 - Sunday, October 16, 2016

Watch your mailbox in September for more information and details on how to register. Early registration will make it more likely that you will be able to attend events as tickets for some events go quickly!

REMINDER FROM STUDENT FINANCIAL SERVICES:

Billing for the fall term will be sent out on July 15.

CAMPUS STORE

For those who would like to purchase Thomas College gear and merchandise, please visit the following website: http://shrsl.com/?~c59a
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 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 an escape room experience, 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 60 events in 9 days and includes 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. Terrier Fair is also held during Welcome Week and that is your student’s 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 your student is looking to spruce up their digs this is the place to do it!

Lastly, new students are often concerned about transportation and getting around Waterville and back home for break periods. The Student Life office arranges bi-weekly trips to Walmart and a few times a semester offers specialty shopping trips (Augusta Marketplace, The Maine Mall, Freeport, ME, 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, ME. 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 your student would like to see at Thomas, please tell them not to be a stranger—we are always looking for new ideas!

I can be reached at (207)859-1247 or at salesm@thomas.edu.
The Wellness Connection—Cheryl Daggett, APRN, Director of Health Services

What an impact allergy season has on most all of us at some point in our lives. We know it by the presence of itchy eyes, runny, stuffy nose and sneezing. It is different than a cold and sometimes a real hindrance to our daily living activities. Allergies are most often due to a hypersensitivity of the immune system to something in the environment. We are more prone to allergies if we have a family history of them, have asthma or were a child when they first occurred (although you can grow out of them), are already immuno-compromised or are living near environmental contaminants. Healthcare providers may offer you testing to know specifically what you have for allergens.

There are simple measures to help you get through this season. While you are away from home or at the office keep your windows closed to lessen the amount of contact with allergens that come into the air from mowing, pollen in the air, spraying for weeds and bugs or a really grand wind storm. Rain is helpful to keep those allergens down so a once a week rain shower is good for us! Clean or replace the filters in your air conditioner and the blades of your fan to lessen the allergens. If you are going for a hike in the woods you will need to spray yourself and clothes outside, away from a window, to protect others. Most importantly, enjoy the spring and summer.

So it is essential for us to know of our new students’ allergies and medications whether they are over-the-counter or prescription medications. We are prepared at the Health Center to offer the best care as we put together a plan from the medical questionnaire, physical exam form and immunization records you send to us in advance of your student’s arrival.

The Health Center is open daily, Monday through Friday. Students can just walk in with no appointment necessary. On the Thomas College website you can find all the services we offer: http://www.thomas.edu/inside/student-resources/health-services/

We look forward to being available to you and your student. Just call (207) 859-1401 or email me at healthctr@thomas.edu.

Call 207-859-1401 with questions or fax health records to 207-859-1126.

Counseling Services—Carol Jollotta, LCSW, Counselor

Regarding Counseling Services at Thomas College, did you know:

*That Thomas offers FREE counseling services to students? Counseling, provided by a Licensed Clinical Social Worker, is available to all day students at Thomas at no cost to the student. If necessary, Thomas also offers FREE counseling services, provided by licensed master’s level clinicians, off campus for students.

*Counseling is a CONFIDENTIAL service. With very few exceptions, the clinician is bound by federal law not to disclose the content of counseling sessions to anyone, without the student’s written consent.

*Referrals for counseling services generally occur in one of two ways: a student who has engaged with Counseling Services in the past may self-refer. New referrals are obtained through contact with Lisa Desautels-Poliquin, Vice President for Student Affairs.

*There is NO WAITING LIST for Counseling Services. Students are typically scheduled for their first appointment within a week of referral.

*Both individual and couples (when both members of the couple are eligible Thomas College students) sessions are regularly available to Thomas Students. Supportive or psychoeducational group formats are also available as the need, and/or student interest arises.

*While clinicians are unable to share information with family members without written permission from the adult student, family members are welcome to contact Counseling Services with questions or concerns regarding their student. Counseling staff are able to listen to any information that families might like to provide, though without written consent from the student, Counseling staff are not able to acknowledge whether or not they are working with the student.

Should you have questions or concerns regarding your student, 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.
We recently said goodbye to our 2016 graduates, wishing them all the success they deserve. Now plans for the 2016-2017 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 2020, including their first game of Humans vs. Zombies, and their first Get Out and Live (GOAL) trip. And 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 2020 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 1st so they can begin exploring then. 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. They can keep an eye out for our 4v4 leagues that will take place on Sunday this fall as well.

If Recreation and Fitness are more your student’s speed and style, have them jump online and download the Rec*it Fitness app to keep updated on 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, rafting in The Forks or ziplining 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!

I can be reached at (207)859-1183 or at deloriej@thomas.edu.

Clockwise from Top Left: Borestone Mountain Hike, Ultimate Frisbee Champions, Waterfall Tour, and Evening Soccer Game

Recreation and Intramurals, Jim Delorie, Director
What’s New in Dining Services—Jody Pelotte, Director of Dining Services

What can your student expect from Dining Services at Thomas College this year and upcoming years?

*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.

*A mobile rewards app, QBOT, which students will be able to use in our retail locations (The Dog Pound, The Campus Store and Jeanie’s Café) to track their coupons and save money.

*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 choice second nature: [https://mindful.sodexo.com/](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.

*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 [http://www.thomas.edu/inside/dining-services/](http://www.thomas.edu/inside/dining-services/).
As we eagerly anticipate the start of the 2016-17 Academic Year and arrival of your 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:
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.
Welcome to Residential Life and Housing

I’d first like to say “hello!” and welcome you and your student to the Thomas College community! We are thrilled that your student has decided to continue their educational journey with us, and the Residential Life and Housing staff is looking forward to seeing them again or meeting them for the first time in August! I wanted to take this opportunity to reach out to our students who will be living in our residence halls this coming fall as well as their families. I hope these few minutes of reading will answer many of your questions and help to paint a picture of our residential community.

At the heart of our residential communities is our Resident Assistant (RA) Staff. The RA’s are a team of twenty-three upper-class student leaders who live in our community and oversee a particular floor or area within our residence halls. Our RA’s will be present and available in their areas to assist students in numerous ways, but are especially there to get to know them, connect them with others on their floor, and connect them to the greater Thomas community through floor activities and social events. 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. RA’s will make sure communities are welcoming and inclusive environments in which students can call their home away from home while working towards personal and professional success.

Working with our Resident Assistants are our professional residential life staff members known as Area Coordinators (AC’s). There are three Area Coordinators on campus who live and work on campus and are administrative overseers for each of their respective residence halls. AC’s are also the direct supervisors to the Resident Assistant staff and can assist students with numerous concerns that require professional assistance. In addition, 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, I 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 and 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!

I hope this has been both helpful and gotten you and your student 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.

**Information for Residents:**
This link is a catch-all resource for what items 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/

**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/
Clockwise from Above: Students displaying their canvas creations, terrariums and art glass projects.