



Now that you have your room assignment, it's time to start thinking about packing for college. Since you can't pack your whole home into a suitcase, we've made a quick guide for you!

## What's in my room?

In each room, each student gets...

- Bedframe with Twin XL mattress
- Desk with drawers, hutch, and light
- Desk Chair
- Dresser
- Freestanding Closet (Wardrobe)
- Wastebasket
- Window Coverings (no curtains allowed)
- Wired and Wireless Internet access

Label all your belongings with your name and room number.

Students and helpers should follow all University COVID-19 protocols in place at the time of move in.



## Helpful Tips

- Storage in your room is limited. Don't bring everything you own! Leave some things at home.
- Pack clothing for September, October, and November. 90 days can go by quickly, only bring what you need.
- Don't pack your bags and boxes too heavily.
- Talk to your roommate before you arrive so you can coordinate what to bring (if applicable).
- Label all your boxes with your name and room number.
- All University furniture **MUST** remain in your room.
- Being creative with the space is the key to successful residence hall living. Make sure you keep access to doors and windows open.
- Wait until you arrive to get settled before buying things like area rugs or lights.
- When decorating, make sure you're using blue painters tape so as not to damage the paint.
- Move-in Day can be hectic, so remember to be upbeat and focus on the positives. Also, remember to thank your helpers!

## Basic First-Year Housing Information

- You may bring one small (up to 4.3 cubic feet in size) refrigerator per room. Remember, it must be plugged directly into the wall.
- The communal kitchen is open, and microwaves are available in most of the lounges. Please contact the Area Coordinator for Residential Life for questions regarding communal kitchen use.
- There is a laundry room in the SLC Basement that is for residents housed in the SLC.
- Make sure you are covered under your family's homeowners or renters insurance. If not, look into purchasing a policy to protect your property.
- Every building on campus has wireless internet access. However, if you prefer wired internet, each room is equipped with one Ethernet port per person.
- Cleaning equipment, including vacuums, mop and bucket, trash bags, etc., are available upon request at the SLC Front Desk
- The SLC will start receiving mail and packages on Monday, August 15, 2022. Any packages received before this date will be returned to sender. Please refrain from sending excessive packages prior to your arrival.

## Don't Bring:

- **Pets:** the only pets approved for campus are fish in aquariums - five gallons or less
- **Alcohol/Illegal Drugs:** Local, state, and federal laws will be upheld regarding the use of drugs and alcohol.
- **Open Flames:** Candles, incense, or anything else that burns is prohibited. No exceptions.
- **Non-Approved Cooking Equipment:** if an appliance has any exposed heating apparatuses, it is not allowed. This includes toasters, crock pots, and pressure cookers.
- **Space Heaters and Air Conditioners:** these items are prohibited without prior approval; window fans are welcome.
- **Weapons:** Pocket knives, pistols, rifles, ammunition, and bow/arrows are prohibited.
- **Upward Facing Lamps:** Including plastic shades and octopus-style lamps. No halogen light bulbs.
- **Large furniture:** your room includes all the furniture you need and these items must remain in the room at all times.

**Forget Something?** Don't worry! There are plenty of nearby shops including Target, Best Buy, Bed Bath & Beyond, Walmart, Wegmans, and many more. The Eastman Bookstore sells Eastman merchandise, school supplies, greeting cards, and electronic gear. You may purchase all of your technology needs at the University IT Store on River Campus.

## Be Careful:

- If you hang up any hooks or posters in your room, make sure you use easily removable adhesives such as Blue Painter's Tape, 3M Command Strips (velcro preferred), or 3M hooks. Name brand is worth the price as they are less likely to tear the paint or cause damages.
- **You are responsible for any damages done to your room** - typical small repairs to walls cost more than **\$100**.
- New York State Fire Code mandates that no more than 20% of the wall may be covered. No Tapestries.
- Extension cords are not allowed. You may have a surge protector as long as it meets the following criteria:
  - UL-Approved holographic sticker
  - Multi-plug power adapter
  - Over-current (with a circuit breaker switch)
  - Must be grounded (3-prong plug)

## MOVE-IN

The Student Living Center is located in downtown Rochester at [100 Gibbs Street, Rochester, NY 14605](https://www.eastman.edu/locations/student-living-center).

Incoming international students may move in beginning on Tuesday, August 23rd. Students can check in between 8:00am and 12:00pm.

Incoming domestic student move-in takes place from 8:00am through 12:00pm on Wednesday, August 24th.

All incoming students will receive information about Premiere Eastman programs taking place throughout the week.

Beginning on Saturday, August 27th, at 9:00am, our returning students will be welcome to move in to their new rooms at the Student Living Center.



## Prohibited Items:

- Couches, recliners, or futons not provided by the University
- Candles, lanterns, lamps, or any other items that produce an open flame
- Tobacco, incense, or any other item that burns or smolders when used
- All flammable materials (gas, lighter fluid, charcoal, propane, solvents, etc.)
- All items powered by combustible fuels (such as motorcycles)
- All fireworks, explosives, etc.
- All corrosive (or poisonous) chemicals and hazardous materials
- All lightweight extension cords or multi-plug outlet adapters
- Heavy weight power strips or extension cords without safety circuit breakers
- Flexible (twisty) power strips
- Multiple approved power strips connected together (“chaining”)
- Curtains/drapes
- Anything covering ceilings (tapestries, banners, posters, nets, etc.)
- All decorations covering more than 50% of walls
- Tapestries, banners, posters or other combustible materials
- Crepe paper, plastic or Mylar decorations, ribbons, streamers, etc.
- Combustible materials as door decorations covering more than 20% of doors
- Runners, door mats, or other combustible floor coverings in hallways
- All non-LED decorative string lighting
- Cinder block bed risers
- Weapons including firearms, ammunition, knives, etc.

## Prohibited Appliances:

- Refrigerators larger than 4.3 cubic feet
- George Foreman grills or similar cooking appliances
- Toasters, portable or toaster ovens, smokeless indoor grills, etc.
- Hotplates, electric skillet, crock pots, rice cookers, etc.
- Microwaves (including combination units and those with broiling elements)
- Submersion coil water heaters
- BBQ grills or open flame devices (charcoal, gas or other fuel)
- Lighting that has an upward facing lamp
- Lighting that has movable octopus arms so that lamp can be faced upward
- Non-UL safety approved electric powered appliances
- All portable heating devices and air conditioners



## Bring This, Not That

A number of appliances and electronics are allowed in our residence halls, including, but not limited to, the following:

- Coffee makers with auto shut-off timers
- Electric kettles with auto shut-off timers and without any exposed heating surface
- Food processors and Blenders
- Clothes Iron with auto shut-off timers
- Hair dryers and Curling Irons with auto shut-off timers
- Refrigerators up to 4.3 cubic feet in size, must be plugged directly into the wall

As with any appliances, please be mindful and unplug them when they are not in use. Keep them away from water. Keep them away from a pile of clothes. Keep items clean and in good working order. They must be stored in your room and not be left in common area when not in use. We look out for our neighbors here.

# ROOMMATE CONNECTIONS

Living with a roommate provides many opportunities to learn new skills that relate to communication, tolerance, assertiveness, and patience. This relationship can also present challenges, and inevitably, roommates are going to disagree about something. The level of conflict can be minimized by communicating early about common expectations. Sharing a living space with someone else calls for both compromise and understanding. Many students assume their roommate will think, feel, and act the way they do. Having a roommate helps students to learn more about themselves and to be open to the differences they will experience. Living with a roommate teaches students that there are truths and perceptions of reality within every relationship. It is important for students to understand that their perception of the roommate conflict can sometimes be very different from their roommate's perception. It is important for them to handle roommate conflicts maturely, respectfully, and creatively when possible. While the Residential Life professional staff and Resident Advisors are here to assist students with roommate conflicts, it is also the responsibility of students to start identifying how they will approach their roommates during times of conflict.

## Establishing Expectations

- Are there designated times for studying, relaxing, or other activities?
- Make a cleaning schedule that details who cleans what and when
- How often can guests come over, and what are the sleeping arrangements?
- How does each roommate feel about sharing food, electronic devices, etc?
- Discuss activities that should happen in the room and what should happen in the lounge.
- Is there a specific routine that either of you would like to incorporate into your daily life?
- You don't have to be best friends with your roommate, but you should be able to work together to create a good living environment.
- Take time to adjust, living with a new person can have some bumps. But give each other time and make sure you communicate.
- Once you arrive, the Office for Residential Life will provide a roommate agreement for you and your roommate to complete, this should help lead potential difficult conversations and boundary setting.

## 10 Roommate Tips

- 1)** When you first talk, do so about more than just what you are going to bring to campus. Be honest about your feelings, likes, and dislikes.
- 2)** Listen to each other. It is more than just hearing someone's words. Work to understand the person and their emotions.
- 3)** Be positive and don't assume an issue will go away without talking. Approaching your roommate about an issue early on will make resolving a conflict easier.
- 4)** Ask answerable questions. and never assume.
- 5)** Be assertive, but not aggressive. Sometimes, it's not what you say, but how you say it.
- 6)** Be tolerant and respectful. Agree to disagree.
- 7)** Use "I" statements to convey how you feel. "I get upset when you have guests in the room all the time, instead of "You always have guests in the room so I can never study."
- 8)** Treat your roommate as you would like to be treated: with respect, consideration, and understanding.
- 9)** Be willing to offer realistic solutions/compromises
- 10)** Seek the help of your Resident Advisor (RA) if you can't find a resolution.

## Common Causes of Roommate Conflicts

- **Lifestyle and Cultural Preferences** - music/TV/movie preferences; social lifestyle; noise level; readiness to connect with others ; use of alcohol & tobacco; safety/security issues
- **Sleep and Study Patterns** - early vs. late; study time in room vs. recreational time in room; quiet study vs. study with noise
- **Standard of Cleanliness** - very neat vs. cluttered ; who cleans and when; personal grooming
- **Expectations for Personal Property** - which items are shared/public : borrowing rules
- **Respect** - Privacy ; Confidentiality