



Packing 101

Welcome to Eastman School of Music!

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.

Other students will be helping you move in, labeling will ensure nothing gets lost or left behind.



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!



Helpful Tips

- Storage in your room is limited. Don't bring everything you own! Leave some things at home.
- 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.
- Talk to your roommate before you arrive so you can coordinate what to bring.
- When decorating, make sure you're using blue painters tape so as not to damage the paint.
- Wait until you arrive to purchase laundry detergent, personal products, and toiletries. Shop local.
- Don't pack your bags and boxes too heavy. The Orientation Committee will be helping you carry your belongings to your new room.
- Label all your boxes with your name, class year, and room number.
- 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 a **small refrigerator** up to 4.3 cubic feet in size. Remember, it must be plugged directly into the wall.

There is a **kitchen** equipped with a stove, oven, and sink next to the TV Lounge, as well as, micro-waves in most of the floor lounges. Cooking equipment is also available for lending at the front desk.

There is a **laundry room** in the SLC Basement that is for residents housed in the Student Living Center.

Cleaning equipment, including vacuums, mop and bucket, trash bags, etc., are available upon request at the SLC Front Desk.

Every building on campus has **wireless internet** access. However, if you prefer wired internet, each room is equipped with one

Ethernet port per person.

Make sure you are covered under your family's homeowners or **renters insurance**. If not, look into purchasing it to protect your property.

The SLC will start receiving packages on Friday, August 9, 2019. Any packages received before this date will be returned to sender.

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:** This includes 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.

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 \$85.
- 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)

PRIOR TO PURCHASING ANY APPLIANCES, DECORATIVE ITEMS, OR LIGHTING FIXTURES, PLEASE READ OUR "FIRE AND LIFE SAFETY GUIDELINES" ON THE UNIVERSITY OF ROCHESTER WEBSITE:
[HTTPS://WWW.SAFETY.ROCHESTER.EDU/FIRE/RESLIFEGUIDELINES.HTML](https://www.safety.rochester.edu/fire/reslifeguidelines.html)

We're on the web! <https://www.esm.rochester.edu/reslife/>

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.

Move-In Day!

The Student Living Center is located in downtown Rochester. It is essential that we keep the move-in traffic organized and moving along quickly. You will be given fifteen minutes to unload in front of the Student Living Center. After this time, we request that you move your car to one of the nearby parking lots. Parking will cost approximately \$6.00-\$8.00 for the day. When you arrive at 100 Gibbs Street, students from the Eastman Orientation Committee will help you unload your car into our carts and show you the way to your room.

You should plan to arrive at your scheduled time shown below:

Last Name Begins With	Move-In Time
A - F	8:00 am - 9:30am
G - M	9:00 am - 10:30am
N - Z	10:00 am - 11:30am

If you have questions about Move-In Day, please contact the Office for Residential Life at 585-274-1106.

Bring This, Not That

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

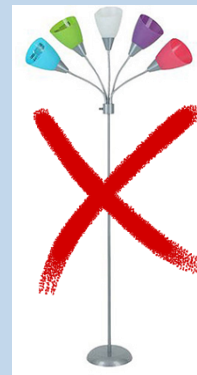
- Coffee makers with auto shut-off timers
- Electric kettles with auto shut-off timers and without any exposed heating surface
- Food processors and Blenders
- Clothes Iron with auto shut-off timers
- Hair dryers and Curling Irons with auto shut-off timers

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.

Prohibited Items

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 20% 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

- George Foreman grills or similar cooking appliances
- Toasters, portable or toaster ovens, smokeless indoor grills, etc.
- Hotplates, electric skillets, 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



Roommate Connections

Establishing Roommate Expectations

1. Are there designated times for studying, relaxing, or other activities?
2. Make a cleaning schedule that details who cleans what and when
3. How often can guests come over, and what are the sleeping arrangements?
4. How does each roommate feel about sharing food, electronic devices, etc?
5. Discuss activities that should happen in the room and what should happen in the lounge.
6. Is there a specific routine that either of you would like to incorporate into your daily life?
7. 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.
8. Take time to adjust, living with a new person can have some bumps. But give each other time and make sure you communicate.
9. 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.

Living with Roommates

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.



10 Tips to Get Along with your Roommate

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 much easier.
4. Ask answerable questions. Never make assumptions.
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 and compromise.
10. Seek the help of your Resident Advisor (RA) if you can't find a resolution.

Common Causes of Roommate Conflicts

1. Lifestyle and Cultural Preferences

- Music/TV/movie preferences
- Social lifestyle
- Noise level
- Readiness to connect with others
- Use of alcohol and tobacco
- Safety and security issues

2. Sleep and Study Patterns

- Early vs. late
- Study time in room vs. recreational time in room
- Quiet study vs. study with noise

3. Standard of Cleanliness

- Very neat vs. cluttered
- Who cleans the room and when
- Personal grooming

4. Expectations for Personal Property

- What items are shared/public
- Borrowing rules for food, clothing, school supplies, and other personal belongings

5. Respect

- Privacy
- Confidentiality