The Residence Life staff is looking forward to meeting you and kicking off the fall semester. We can hardly wait to see your smiling faces and meet you in person. We are preparing your room and the residence hall to welcome you, whether you are a new or returning Maverick.

CMU sends all important information and updates to your CMU email, so please check it frequently. This newsletter will be the last Residence Life communication to your non-CMU email. We will always include your “other contacts” in newsletter emails to ensure they have access to important dates. You can update your contact information through your MAVzone. We also encourage checking coloradomesa.edu for valuable information.

Our Mission
Colorado Mesa University Residence Life cultivates healthy, safe and inclusive communities. We help students develop lifelong skills for independence and purposeful, respectful relationships while supporting their academic pursuits.

We do all we can to live up to this mission. We want you to be successful. Feeling good in the place where you live helps you feel more confident in your studies. One less stress in life is always good! We have people to help you navigate university life. Our resident assistant (RA) student leaders are dispersed among the residents. One will live right down the hall and will be a great resource for you. The hall coordinator is a staff professional who has either a bachelor’s or master’s degree. They will live in the hall or in a nearby hall and will have office hours to be available to assist you. The Residence Life Office has several staff members, including myself, who would love to meet you and answer your questions.

Within this newsletter, there is a lot of information. You can read about important move-in dates/times/directions, safety on campus, how to send/receive mail on campus and other campus resources available to you. We have included important phone numbers and contact information in case you need to get in touch with us. If you have any questions, please don’t hesitate to call or email us. We are here to help!

Our staff is looking forward to meeting you in August. Many thanks for choosing Colorado Mesa University!

Emily Bollinger, Director of Residence Life
**MAVZONE**

MAVzone is CMU’s online campus portal that enables you to manage your college career. Log in to MAVzone and everything is right at your fingertips: campus updates, personal information, current tasks you need to perform and CMU-related apps.

Use the dashboard to search for apps, see campus updates, check on your tasks and to report an incident.

The applications section is a directory of online services and applications. Favorite an app so it appears in the My Favorites section by clicking the gold star on the app tile.

The My Account section is where you will find information about your student account, advisors and courses. For example, you can find your 700 number here (be sure to memorize this number). Use the quick links to keep your information current.

Keep an eye on the My Tasks section! You have something you need to complete when you see a red exclamation point.

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**FOR A SUCCESSFUL MOVE-IN, PLEASE DO THE FOLLOWING PRIOR TO ARRIVING:**

1. Avoid long lines—get your MAVcard early (see page 4)!
2. Check your CMU email for a move-in reservation email (July 15 or later).
3. Within the move-in reservation email, click the link to reserve your move-in time (required).

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**DAY OF MOVE-IN:**

1. Pick up your MAVcard (student ID) at the University Center.
2. At your reserved time, check-in at your residence hall.

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How to log in to MAVzone:

1. Go to coloradomesa.edu and click the three bars in upper right corner.
2. Click the MAVzone icon in the upper right corner
3. Log in using username supplied from when you applied to CMU
4. Use the Dashboard to search for apps, see campus updates, check on your tasks and to report an incident.
MAVCARD — STUDENT ID

Your student ID is referred to as a MAVcard. In order to get your MAVcard you must complete the three steps below:

1. **Log in to MAVzone**, and find the MyPhotos App. You may need to click “All Apps” to locate it.

2. In the app, select Main Campus/WCCC for your “Group Affiliation,” or “Montrose” if you are attending at the Montrose campus.

3. Follow the prompts to upload an appropriate MAVcard photo, and a picture of your license or other Government ID.

4. The MAVcard eform will pop up after you submit your photos and signature. Please select the appropriate options and click Submit at the bottom.

You should receive approval emails for both your photo and photoID uploads. If you submitted these and did not receive an approval email, contact the MAVcard office at 970.248.1059 or mavcard@coloradomesa.edu.

Please arrive 30 minutes prior to your reserved move-in time to pick up your MAVcard. If you don’t complete the steps above prior to move-in day you’ll have to go to the MAVcard office and show a government ID, get your photo taken and wait for your MAVcard to print. Complete the steps early and avoid long lines!

**MAVCARD PICK-UP LOCATIONS BY DATE:**

August 6: Early Start Program (ESP) athletes, your MAVcard will be at the University Center.

August 14: Early Start Program (ESP) students, your MAVcard will be at the University Center (see map on page 7).

August 17: Freshmen, your MAVcard will be at the University Center

See the Fall 2023 Move-In Dates chart on page 5 for all dates/locations.

Once you have your MAVcard please go to your residence hall to complete check-in and move into your new home. If you arrive on campus and haven’t completed the three steps, your first stop will be the MAVcard Office in the University Center. A valid, government issued ID is required to pick up your new MAVcard.

**PRIOR TO MOVE-IN**

For a smooth move-in, follow the steps below prior to check-in.

1. Submit MAVcard requirements—you must have a MAVcard to move in (see section above).

2. Check your CMU email for a “reservation” email (July 15 or later) to sign up for your move-in time slot. Reserving a move-in time is **required** for all students moving into the residence halls.

3. If you have NOT submitted your required immunization records, please upload those records at [https://forms.coloradomesa.edu/#/form/41](https://forms.coloradomesa.edu/#/form/41).

**HOW TO CHECK YOUR CMU EMAIL:**

1. Go to coloradomesa.edu/mavzone
2. Click on the Outlook Email app located in the Trending Apps section
DAY OF MOVE-IN

1. Pick up your MAVcard at the University Center (must have your government issued ID). If you already have your MAVcard, skip this step. More information on steps to pick-up your MAVcard can be found above in the MAVcard Identification section.

2. At your reserved time, go directly to your new residence hall to move-in!

EARLY MOVE-IN

Groups who have received pre-approval to move in early should know the times of the group check-in and plan accordingly. Due to our cleaning and maintenance schedules, students cannot show up and expect to be checked in unless they have been approved to move early.

Only pre-approved residents and groups can check in outside of approved check-in times. If you are a member of a pre-approved group, Residence Life will send you a link to reserve a move-in time for your scheduled move-in date. If you have questions, please call our office at 970.248.1536.

See page 7 for a Residence Life Move-In map.

FALL 2023 MOVE-IN DATES

<table>
<thead>
<tr>
<th>Move-in Times/Events</th>
<th>Move-In Help</th>
<th>MAVcard Pickup Locations</th>
<th>MAVcard Office Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, August 1</td>
<td>1–3pm by reservation</td>
<td>Arranged by coaches</td>
<td>University Center, Information Desk</td>
</tr>
<tr>
<td>· Early Start Program — Football athletes</td>
<td></td>
<td></td>
<td>1–3pm</td>
</tr>
<tr>
<td>Sunday, August 6</td>
<td>1–3pm by reservation</td>
<td>Arranged by coaches</td>
<td>University Center Information Desk</td>
</tr>
<tr>
<td>· Early Start Program — Volleyball athletes, Soccer athletes (men, women)</td>
<td>Community Meeting: 8pm</td>
<td></td>
<td>8am–2pm</td>
</tr>
<tr>
<td>Sunday, August 13</td>
<td>8am–2pm by reservation</td>
<td>8am–2pm</td>
<td>University Center Information Desk</td>
</tr>
<tr>
<td>· Early Start Program — Triathlon athletes</td>
<td>Early Start Program BBQ in the Plaza, 12–2pm</td>
<td></td>
<td>8am–2pm</td>
</tr>
<tr>
<td>Community Meetings, 8pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday, August 17</td>
<td>8am–5pm by reservation</td>
<td>8am–5pm</td>
<td>University Center Information Desk</td>
</tr>
<tr>
<td>· Freshmen</td>
<td>Meal plans begin at noon</td>
<td></td>
<td>8am–5pm</td>
</tr>
<tr>
<td>Saturday, August 19</td>
<td>11am–3pm by reservation</td>
<td>Not available</td>
<td>MAVcard Office (University Center)</td>
</tr>
<tr>
<td>· Continuing students</td>
<td></td>
<td></td>
<td>11am–3pm</td>
</tr>
<tr>
<td>Sunday, August 20</td>
<td>11am–3pm by reservation</td>
<td>Not available</td>
<td>MAVcard Office (University Center)</td>
</tr>
<tr>
<td>· Continuing students</td>
<td></td>
<td></td>
<td>11am–3pm</td>
</tr>
</tbody>
</table>

Please call your residence hall duty phone if you can’t arrive until after 5pm on Sunday so that you won’t be considered a “no show.” See page 7 for residence hall phone numbers.
RESERVE A TIME FOR MOVE-IN

Check your CMU email account in mid-July for a link to our reservation system (visit coloradomesa.edu/mavzone and click on the Outlook Email app). Refer to the table below for move-in dates and times. **All students are required to have a reservation to move in.**

Carts will be available to assist with the moving process.

MOVE-IN DAY

On your move-in day, drive to the parking lot nearest your building and pull into the unloading zone for your hall. To find the lot closest to your hall, see our move-in map on page 7. We will have carts to assist the moving process and Mav Movers will help you unload your car and move your belongings to your assigned room.

Don’t forget to pick up your MAVcard prior to moving in. You will need it to access your building and room. For a list of what you should/should not bring to campus, visit coloradomesa.edu/residence-life/halls. All beds are extra-long twin mattresses, other than Aspen Apartments which has extra-long full mattresses, so make sure you have the right size of sheets when you come. If you want to purchase bedding and have it sent to CMU, we will deliver it to your hall if you order through our partner, OCM. The Residence Hall Association receives a portion of what you spend through OCM, which goes to programming for our students. If interested, visit ocm.com/msa.

EARLY START PROGRAMS

If you are signed up to attend one of the Early Start Programs, you will move into your assigned room a few days early! These programs are a great way to get onto campus early, meet friends and have access to campus to learn the ins/outs before you are sharing it with nearly 11,000 other students. During Early Start Programs week, there are only about 1,000 students on campus. These programs include classes that help prepare students for university academics as well as provide knowledge about all of the resources available at CMU. These courses require a fee and you earn university credit. If you have not registered and would like to, visit coloradomesa.edu/admitted/early-start.

ORIENTATION INFORMATION

New Mav Days is the official welcome to campus for incoming first-time students! Programming will begin on Friday, August 18 at 2pm and will continue all day on August 19 and 20. Students are required to attend all sessions to become familiar with campus, learn about campus services and build community. More information will be emailed to students throughout the summer.

THE MAVERICK STORE

After tuition and housing, course materials are the third largest investment in a college career. Many students do not consider how they will pay for course materials until they need to purchase items. Visit themaverickstore.com for information on ordering materials and a list of commonly asked questions. Fall course materials go on sale both in-store and online 8/1/23.
RESIDENCE LIFE MOVE-IN MAP

You must have your MAVcard to move in (pick up your MAVcard at the MAVcard Office in the University Center).

1. Find your residence hall
2. Find the parking lot nearest the building
3. Pull into the unloading zone
Carts will be available for moving.

Map updated 06/05/23
**Vaccination Information**

**Meningitis Overview**

Each new, incoming freshman student residing in college housing is required by Colorado Statute to complete a form upon check-in indicating whether or not the student has received a meningococcal vaccination. The **vaccination is voluntary**, the decision to vaccinate is one the student, parent(s) or guardian(s) should make in consultation with their family health care provider.

- Meningococcal disease is a serious disease.
- Meningococcal disease is a contagious, but a largely preventable, infection of the spinal cord fluid and the fluid that surrounds the brain.
- Scientific evidence suggests that college students living in dormitory facilities are at a moderately increased risk of contracting meningococcal disease.
- Immunization against meningococcal disease decreases the risk of contracting the disease.

Vaccinations may be available through your family health care provider, Colorado Mesa University Student Health Center, or your county health department. Please check with your health insurance to see if the vaccination is covered by your policy.

**Colorado Mesa University Student Wellness Center**

1060 Orchard Ave., Suite O, 970.644.3740
Approximate Cost: $100

**Mesa County Health Department**

510 29 ½ Rd, 970-248-6900, Cost: $100

**Centers for Disease Control**

cdc.gov/vaccines

**MMR Immunization Records**

Colorado law requires proof of immunization for Measles, Mumps and Rubella (MMR) to attend in person classes. If you have not done this yet, please upload pictures of the shot records with your name or the titer test (positive MMR) before the first day of classes to https://forms.coloradomesa.edu/#form/41. Contact the Registrar’s Office with further questions at 970.248.1555.
CAMPUS SAFETY

Colorado Mesa University makes campus safety a priority. Even before classes begin, all first-year students are expected to complete a Consent and Respect Course (available in MAVZone under “Next Steps” tab.) This online course provides students with important information about self-awareness, being safe, campus resources and common sense in regards to being in a new community. It defines consent and helps students understand boundaries. Look for an email from Vice President Jody Diers about completing this course.

Grand Junction Police Department on Campus:
The CMU Safety and Student Conduct Office provides several resources for students, faculty and staff. The Grand Junction Police Department (GJPD) has a substation on campus, home to five officers whose primary assignment is the CMU campus and several blocks surrounding it. For questions about campus safety, contact Pua Utu at putu@coloradomesa.edu.

Weapon Storage: The GJPD provides weapon storage (guns, knives, bows, paintball guns, etc.) for students living in the residence halls. Just contact one of the officers at the substation and they will arrange for the secure storage of your weapons at the substation. Call 970.242.6707 for assistance. Weapons of any kind are not allowed in the residence halls.

Operation ID: This program is provided to help reduce theft on campus and aid in the recovery of stolen property. Forms are available from the GJPD to register the make, model and serial numbers of valuable items such as cameras, laptop computers, iPads, etc. Without this information, it is extremely difficult to recover stolen property or prosecute the offender(s). This is a free program available to all students, faculty and staff. Stop by the Campus Safety Office on the south side of the University Center for more information.

SAFE WALK Program: In addition to the five officers on campus, CMU-certified campus safety assistants (CSAs) are available from 6pm–2am to assist students. One of the services the CSAs offer is to walk students, faculty and staff across campus, to their cars, from hall to hall, etc. Anyone may take advantage of this service by calling 970.260.2683. Two CSAs will meet the person at their location and walk them to their destination anywhere within two blocks of campus.

Individual Hall Safety: One of the first gatherings in each hall will be a Community Meeting during which the resident assistants present information to the residents on their floor or in their area. At this time, safety of each individual building will be discussed, including fire evacuation and lock-down situations. We hope to build community by getting to know and respect each other.

Residence Halls are locked 24/7: Residents must have their MAVcard with them at all times. This is their access to their residence hall and room. People who do not reside in a hall MUST be escorted at all times by someone who does live in the hall. They are considered visitors and must be personally escorted by the sponsoring resident. This helps keep our halls safe. Strangers would not be allowed to walk through your home, so we do all we can to ensure strangers do not get access to our halls. It is imperative that residents do NOT prop open outside doors. This counteracts all we try to do to keep residents safe. Each hall is staffed with desk attendants 16 hours a day to try to help recognize residents, identify strangers, answer questions and help with mail.
CMU EMERGENCY WARNING SYSTEM

Colorado Mesa University alerts the campus community via text and voice messages of emergency situations or events that directly pose a risk to the campus community.

The contact information you provide for the notification system is not sold or released to any other party. CMU does not guarantee the successful delivery of each message to each individual recipient. The service depends on the individual cellular and mobile phone carriers to deliver Simple Messaging System or SMS/text messaging to each recipient. There may be a charge by your cell phone provider to receive text messages.

The emergency notification system is tested once per term, not to exceed three times per calendar year.

GETTING INVOLVED

You will have numerous opportunities to get involved while living on campus!

Being a member of Residence Hall Council (RHC) offers you the chance to be a leader and make a difference in your hall. These positions are voluntary and are a terrific resume builder. You will have the opportunity to meet new people in your hall and put on great programming. Your RA will be able to give you more information about your specific Hall Council and when it will meet. It is open to all.

The Conduct Board is a peer-review that meets when residents are accused of a violation of campus policy and do not agree with the resolution reached during a meeting with the hall coordinator. The resident may ask to appeal the decision to the Conduct Board. The board meets when necessary to hear cases. Applications will be available in August at coloradomesa.edu/residence-life. To be considered, a candidate must be a Colorado Mesa University student in good standing, GPA of 2.5+, no discipline record and live on campus. For more information, please contact your hall coordinator.

Working as a Desk Attendant is a great way to meet residents, watch out for your community and work on campus. These positions have been filled for Fall 2023. To apply for the Spring 2024 school semester, look for applications online in October 2023.

Campus Safety Assistants (CSA) are hired to accompany students, faculty and staff to any location on our campus in the evenings. We hire students who submit to a police background check and work in cooperation with the Grand Junction Police Department to create a safe environment for our campus. Shifts are available seven days a week from 6pm to 2am every night that classes are in session. Applications will be available through the Student Services Safety and Campus Student Conduct Office in Lowell Heiny Hall beginning in August.

Student Life offers over 120 clubs and organizations to join. Students will learn more at the New Mav Days in August.

Sign up for text and voice message alerts by following these steps:
1. Log in to MAVzone
2. Click MY ACCOUNT
3. Click Personal
4. Scroll to bottom of page and click the “CMU Emergency Warning System Contact Information” link.
5. Update your information.
6. Click the “Opt-in/Info Correct” button to complete your registration.

Created by Rodrigo Ramirez from the Noun Project

Created by Rodrigo Ramirez
from the Noun Project
MAIL AND LAUNDRY INFORMATION

Each resident has a mailbox in the lobby of the hall in which they reside. To identify the specific mailing address go to coloradomesa.edu/residence-life/services/mail. Packages will go to that same address and be securely stored at the front desk. The student may pick up the package from the desk attendant on duty. Perishable items and flowers should be sent to the Residence Life Office at 1100 North Avenue. We will contact the student to pick them up.

Laundry is FREE! All we ask is that residents take care of the machines and do laundry properly. Laundry PODS are not kind to our machines. Please use liquid or powder detergent. Do not overload the machines — it’s FREE. Set the timer on your phone so you can promptly transfer your loads to the dryer or start folding. There are plenty of machines but getting your stuff out and back to your room opens up the machine for others to use.

STUDENT WELLNESS CENTER

Good physical and mental health is important for a successful college experience. Colorado Mesa University Student Wellness Center’s goal is to provide quality, accessible medical and behavioral services. Medical, mental health and behavioral services and prevention are provided for all CMU students and their minor dependents. For more information, to schedule an appointment, check hours of service and/or location, visit coloradomesa.edu/student-services/wellness. You may also email Annalee Walker at alwalker2@coloradomesa.edu.

HOUSING AND DINING CONTRACT

THE BIG 6

Within Residence Life there are six items outlined in the Community Standards that could terminate your Housing and Dining Contract.

1. Use or possession of weapons, firearms, ammunition, explosives and/or hazardous chemicals
2. Rape and/or sexual assault
3. Theft of property and/or possession of stolen property
4. Use, possession, sale or distribution of illegal drugs
5. Tampering with fire safety equipment, e.g. emergency exit signs, fire extinguishers, smoke detectors and pull stations
6. Repeat policy violations

Understand that all of these items are listed in your Housing and Dining contract that you signed and have agreed to for the academic year.
RESIDENCE LIFE 
GENERAL INFORMATION 

Roommates and Suitemates
The key to every relationship, including the one with your roommates/suitemates, is communication! Don’t wait until things build up and get out of hand. Talk it out first.

You can find the name and contact information of your roommate by logging into MavZone/My Housing. We strongly encourage you to contact your new roommate/suitemates to say hi and get to know them before you arrive on campus. Some topics to get you started might include:

- Favorite music, food, movies, TV, etc.
- Major, classes you are taking at CMU
- What each of you is bringing to school (TV, mini-fridge, microwave, etc.) and will you share those items with others
- Your social media handles to stay in contact

A few days after you arrive on campus, your resident assistant (RA) will meet with you and your roommate/suitemates to find out how things are going. It is important to use this opportunity to talk and create a fun and safe living environment. Make sure to include in your conversations: cleaning schedules, how you feel about visitors, what time you need to go to bed or get up and anything else that may be a pitfall to you living together.

Room Change Policy
We will allow room changes during the fourth week of the semester. We believe that our students need to have the time to settle in, ease into classes and work with their roommate and their resident assistant to be a successful resident and college student.

If after the third week of the semester there is a desire to move, we will allow room changes on a first-come, first-served basis, depending upon availability of open rooms/beds. Residence Life will host a room change event to aid in this process. Please talk to your RA or hall coordinator if you have roommate conflicts.

Housing Residency Policy
Colorado Mesa University is committed to the success of our students. Knowing that students who live on campus and engage in activities have a greater success rate for graduation and maintain higher GPAs, CMU requires students who have earned less than 60 credit hours and are under the legal drinking age to live on campus, subject to room availability and unless approved for an exemption.

Students who have more than 60 credit hours and are of the legal drinking age may — but are not required to — submit a Housing Application to live on campus.

Exemptions will be granted for the following reasons.
1. Resides with parent(s) at their permanent address within Mesa County
2. Will be the legal drinking age or older before first day of semester in which the exemption is requested; see § 18-13-122(3)(a), C.R.S
3. Earned 60 or more credit hours
4. Lived in CMU housing for four semesters
5. Married or have a dependent child
6. Attending only Montrose campus
7. Extreme financial hardship

For an exemption to be granted based on extreme financial hardship, a student is required to complete a Free Application for Federal Student Aid (FAFSA) for the year in which they are requesting an exemption. Residence Life in conjunction with Financial Aid will use unmet need and expected family contribution to determine if you qualify for this exemption.

You may NOT request an exemption based solely on the fact that you have found a less expensive off campus option or because you have signed a lease.
CAMPUS PARKING PERMITS

If you bring a car, you will need to purchase a permit to park in the lots. Permits can be purchased online beginning August 1, 2023. Visit coloradomesa.edu/parking to learn more.

Prices for permits are listed below. Permits are valid through the Spring 2023 semester.

- Residence Hall Permit: ........................................... $170
- Residence Hall Reserved Permit: ............................ $250
- Commuter Permit: ............................................. $140
- Value Permit: .................................................. $65

Faculty, staff and students can purchase the Value Permit online on a first-come, first-served basis. The Value Permit is valid in Lots V3 only. Lots are in the southwest part of campus.

- Motorcycle Permit: ........................................ $35

Motorcycle Permits are not included with the purchase of another permit. These permits must be purchased separately.

CAMPUS DINING SERVICES

The Caf dining hall officially opens for Fall 2023 semester at noon on Thursday, August 17, 2023. If you are an Early Start Program student, your meal plan will start on August 13. Download the CMU app to see daily menus.

In a hurry? Did you know CMU has an order ahead app? Download and and install TouchNet Order Ahead from the App Store or Google Play, and select Colorado Mesa University. Order your favorites ahead of time at Picantes, What the Mav?, Einstein’s Bagels and Flat Top Grill.

Need dietary accommodations? Need a special diet? Email Sodexo General Manager Daniel Widhammer at dwidhamm@coloradomesa.edu. Give Daniel and his team an opportunity to assist!

THE CAF DINING HALL HOURS

Monday – Friday: 6:45am–8:30pm
Saturday – Sunday
Brunch: 10:30am–1:30pm
Dinner: 5–7:30pm
Visit coloradomesa.edu/dining for additional on-campus dining locations.

MAVCARD AND MAVMONEY

Your MAVcard has many purposes and gives students, faculty and staff access to:

- Residence Halls
- Tomlinson Library
- Recreation Center
- CMU Athletic events
- Campus dining outlets
- Buildings after-hours with pre-approval

MAVmoney: MAVmoney is a prepaid account that allows you to purchase items in our dining areas on campus, tax-free. MAVmoney is accepted at all on-campus locations, Chick-fil-A, Einstein Brother’s Bagels, Flat Top Grill, Picantes, Rowdy’s, Starbucks, The Point and What the Mav? As well as several surrounding off-campus merchants: Dominos, Sugar and Ice, Bravo’s Pizza, Jimmy John’s and more. Add to your MAVmoney account through the MAVcard office or online through your MAVzone account.

Don’t lose your MAVcard! The charge for a lost card is $15. The MAVcard office is located on the first floor of the University Center and is open Monday through Friday, 8am to 5pm and can be reached at 970.248.1059. Learn more about additional features of the MAVcard by visiting coloradomesa.edu/mavcard.