Welcome to your new home at Colorado Mesa University

The Residence Life staff is looking forward to meeting you and to kicking off fall semester! We are preparing your room and the hall to welcome you whether you are a new or returning Mav. CMU uses your CMU email address for all communications. Please make sure you check it frequently for information and important emails. This newsletter will be the last communication to your alternate email from Residence Life. We will always include your “other contacts” in newsletter emails as we want to make sure they have important dates for CMU. You may update these contacts through your MavZone account.

Our Mission:
Colorado Mesa University Residence Life cultivates healthy, safe and inclusive communities where students will develop lifelong skills for independence and purposeful, respectful relationships, while striving for academic excellence.

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 the university life. Our Resident Assistants (RAs), who are 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 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 Res Life Office has several

Freshman Mavily Event
Saturday, August 17, 4 – 8pm
Mandatory attendance for all freshmen residents. Local students are welcome to attend and will receive an invitation.

Download the CMU app for dining options and campus resources!

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!

Jody Diers, Director of Residence Life
Check-in and move-in information

Refer to the table below for dates and times of move-in for residents. We will have help available for most of the move-in times. Drive to the parking lot nearest your building and pull into the unloading zone for your hall (see page 4 for a map). Mav Movers will help you unload your car. You should find parking in an appropriate lot. Mav Movers will move your belongings to your assigned room as you check in with a Resident Assistant at the front desk. Be sure to have your MAVcard as it will need to be encoded as your key access to the building and room. You must have your MAVCARD to check into your residence hall. We will also have carts to assist the moving process. To find the lot closest to your hall, see our move-in map and our videos providing directions. If you did not get your MAVcard during Orientation and you are a first-year resident, you must go to the MAVcard office in the University Center. You must have a valid, government issued ID to pick up your MavCard.

For a list of what you should/should not bring to campus, click here. Our beds are extra-long twin 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 for you. The Residence Hall Association receives a portion of what you spend through the OCM Company that goes to programming for our students. If interested, take a look here.

### 2019-2020 move-in dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Check-in to residence halls, lunch, meetings</th>
<th>Move-in help</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sunday, August 4</strong></td>
<td>Check-in to residence halls: 10am – 2pm</td>
<td>Please contact your coaches to arrange move-in assistance</td>
</tr>
<tr>
<td><strong>Early arrival groups only:</strong></td>
<td>Men’s/Women’s Soccer, Football, Volleyball, Cross Country, Ambassadors</td>
<td></td>
</tr>
<tr>
<td><strong>Sunday, August 11</strong></td>
<td>Last names A - L: 8 – 9:30am: 9:30 – 11am</td>
<td>8am – 2pm</td>
</tr>
<tr>
<td><strong>Early arrival groups only:</strong></td>
<td>Last names M - Z: 11am – 2pm FYI/MVP/Marching Band</td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday, August 13</strong></td>
<td>Check-in to residence halls: 2 – 3pm</td>
<td>none</td>
</tr>
<tr>
<td><strong>GOALS students</strong></td>
<td>Check-in to residence halls: 2 – 3pm</td>
<td>none</td>
</tr>
<tr>
<td><strong>Friday, August 16</strong></td>
<td>Check-in to residence halls: 8am – 5pm</td>
<td>8:15am – 2:30pm</td>
</tr>
<tr>
<td><strong>Open for all students</strong></td>
<td>Meal plans begin for lunch</td>
<td></td>
</tr>
<tr>
<td><strong>Saturday, August 17</strong></td>
<td>Check-in to residence halls: 8am – 5pm</td>
<td>8am – 5pm</td>
</tr>
<tr>
<td><strong>Open for all students</strong></td>
<td>Family lunch provided on The Plaza: Noon MAVNation (freshmen attendance required): 4pm</td>
<td></td>
</tr>
<tr>
<td><strong>Sunday, August 18</strong></td>
<td>Welcome Day events: 11am – 2pm</td>
<td>none</td>
</tr>
<tr>
<td><strong>Open for all students</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please call Residence Life staff if you can’t arrive until after 5pm on Sunday so that you won’t be considered a “no show.” See page 5 for residence hall phone numbers.
FYI/MVP STUDENTS
Check in August 11, 2019

If you are signed up to attend the FYI (Freshman Year Initiative) or MVP (Provisional Baccalaureate program) course, you will move into your assigned room one week early! These courses are a great way to get onto campus early, meet friends in your cohort and have access to campus to learn the ins/outs before you are sharing it with 9,000 other students. During FYI/MVP week, there are only about 1,000 students on campus. It has a very different feel to it and it is a great way to learn the ropes. FYI/MVP classes help prepare students for university academics as well as provide knowledge about all the resources available at CMU. These courses require a fee and earn university credit. If you have not registered and would like to, click on the link to find out more: FYI/MVP week.

FYI/MVP and Residence Hall Check-in
If you are enrolled in the FYI/MVP course, follow the schedule below. Check in times are alphabetical based on the student’s last name.

<table>
<thead>
<tr>
<th>August 11, 2019, 8 – 9:30am</th>
<th>August 11, 2019, 8 – 9:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last name begins with A – L</td>
<td>Last name begins with M – Z</td>
</tr>
<tr>
<td>Begin by checking in to your assigned residence hall</td>
<td>Begin by checking in for FYI/MVP</td>
</tr>
<tr>
<td>1. Follow directions to the parking lot closest to your hall.</td>
<td>1. Go to the Admissions Office and check-in for FYI/MVP</td>
</tr>
<tr>
<td>2. Check in with the Resident Assistants at the front desk. You will need your MAVcard!</td>
<td>2. After you are finished in Admissions, go to your assigned residence hall. Follow directions to the parking lot closest to your hall.</td>
</tr>
<tr>
<td>3. Mav Movers will assist you in carrying your belongings to your new residence.</td>
<td>3. Check in with the Resident Assistants at the front desk. You will need your MAVcard!</td>
</tr>
<tr>
<td>4. After you are finished in your residence hall go to the Admissions Office and check-in for FYI/MVP.</td>
<td>4. Mav Movers will assist you in carrying your belongings to your new residence.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>August 11, 2019, 9:30am – 2pm</th>
<th>August 11, 2019, 9:30am – 2pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residence Halls are open for any FYI/MVP student to check-in. Be sure to also check in with Admissions for your course!</td>
<td>Lunch is provided for you and your family at noon on The Plaza.</td>
</tr>
<tr>
<td>Class starts at 2pm. You do not want to be late! Plan accordingly.</td>
<td>Class starts at 2pm. You do not want to be late! Plan accordingly.</td>
</tr>
</tbody>
</table>

Lucero Hall
Monument Hall
IMPORTANT PHONE NUMBERS

EMERGENCIES ................................................. 911
Non-Emergency Dispatch.............. 970.242.6707

Admissions/Orientation ................. 970.248.1875
Advising & Career Center ............... 970.248.1177
Business Office................................. 970.248.1567
Campus Operator.............................. 970.248.1020
Diversity, Advocacy, & Health .......... 970.248.1765
Financial Aid Office...................... 970.248.1396
MAVrides........................................ 970.248.2222
Mentors, CMU................................. 970.248.1765
Registrar’s Office......................... 970.248.1555
Residence Life Office .................... 970.248.1536
Student Services......................... 970.248.1366
Student Wellness Center ............... 970.644.3740
(Health Clinic and Counseling)
Safe Walk Program ....................... 970.260.2683
Sexual Assault Helpline, 24 Hour ..... 970.270.5895
Suicide Prevention, 24 Hour .......... 800.273.8255

Residence Hall phone numbers
Bunting Duty Phone ....................... 970.250.5342
Garfield Duty Phone ...................... 970.361.2903
Grand Mesa Duty Phone ................. 970.270.5891
Monument Duty Phone .................. 970.270.5890
North Ave Duty Phone .................... 970.250.4591
Piñon Duty Phone ......................... 970.270.5894
Rait Duty Phone ............................. 970.270.5893
Tolman Duty Phone ....................... 970.270.5894
Walnut Ridge Duty Phone ............... 970.270.5893
Wingate Duty Phone ...................... 970.852.1431

MENINGITIS INFORMATION

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 Health Center
1060 Orchard Ave., Suite O, 970.644.3740
Approximate Cost: $100.00

Mesa County Health Department
510 29 ½ Rd, 970-248-6900, Cost: $100.00

Additional resources can be found at:
American College Health Association
www.acha.org

Centers for Disease Control
www.cdc.gov/vaccines

National Meningitis Association
www.nmaus.org

Colorado Dept. of Public Health and Environment – Immunizations
www.cdphe.state.co.us/dc/Immunization

Meningitis Foundation of America
www.musa.org

Garfield Hall
Campus Safety

Safety on Campus: 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 on MAVZone under “Next Steps” tab.) This on-line course provides students with important information about self-awareness, being safe, campus resources and common sense around being in a new community. It defines consent and helps students understand boundaries. Look for an email from Vice President John Marshall 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) partners with CMU with a GJPD substation on campus, home to five officers whose primary assignment is the CMU campus and several blocks surrounding. In addition, CMU has a police force of two officers who are fully POST-certified officers whose sole responsibility is the CMU campus, students, faculty and staff.

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 sub-station. 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 digital cameras, laptop computers, iPods, 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 seven officers on campus, CMU-certified Campus Safety Assistants (CSA) are available from 6pm - 2am to assist students. One of the services the CSAs offer is to walk student, 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 staffers with Desk Attendants 16 hours a day to try to help recognize residents, identify strangers, answer questions, and help with mail.
SIGN UP TO RECEIVE TEXT AND VOICE MESSAGE ALERTS

The contact information you provide for the notification system will not be sold or released to any other party. The university intends to only use the provided contact information to alert the campus community of emergency situations or an event that directly poses a life-safety risk to the campus community. In addition, the emergency notification system will be tested once per term, not to exceed three times per calendar year.

Colorado Mesa University 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.

GETTING INVOLVED

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

Residence Hall Association (RHA) is the voice of students living on campus. This is made up of an Executive Board, which are paid scholarship positions. The board has weekly meetings and works in collaboration with all of the Hall Councils. This board hosts large campus events intended to involve a diverse group of students. Events include Battle of the Buildings and Piñon Palooza. Applications are available in April for the upcoming year, but to get started join your individual Residence Hall Council.

Being a member of Residence Hall Council (RHC) offers you the chance to be in charge and make a difference in your hall. These positions are voluntary and are a terrific resume builder. You have the opportunity to meet new people in your hall, while putting on some great programs as a hall council and as an entire campus. 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 on OrgSync. 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 the school year. To apply for next year, look for applications on-line in April.

Campus Safety Assistants 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 Safety and Campus Student Conduct Office in Student Services in Lowell Heiny Hall beginning in August.

Student Life offers over 140 clubs and intramurals to join and participate in. Students will learn more at the mandatory Freshmen Mavily Event on Saturday, August 17 from 4 – 8pm.

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.
THE BIG ‘5’

Within Residence Life there are five items outlined in the Community Standards that could terminate your Housing and Dining Contract, if violated even once.

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

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.

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, click on this link. 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 where we will hold them until we 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. Use an extra machine with fewer clothes in each. Set the timer on your phone so you can promptly transfer your loads to the dryer or start folding. There are plenty of machines to access, but getting your stuff out and back to your room opens up the machine for others to use.

CAMPUS DINING SERVICES

The Dining Hall officially opens for Fall Semester 10:30am on Friday, August 16, 2019. If you are an FYI/MVP student, your meal plan will start on August 11. Download the CMU app to see daily menus.

Food in Five! With the new expanded services, you can be anywhere on campus and be just five minutes away from food! The best way to find out about all the options is to log on to the [Sodexo at CMU](#) website and look around. This website will inform you of all of the different options and hours of service as well as describe the menus and breakdown the ingredients of each dish. Allergic to something? Email Sodexo General Manager Joe Winegardner at jwinegardner@coloradomesa.edu. Give him an opportunity to assist!

Dining Hall Regular Hours:
Monday – Friday: 6:45am – 9pm
Saturday-Sunday Brunch: 10:30am – 1:30pm
Saturday-Sunday Dinner: 5 – 8pm

RESIDENCE LIFE • 970.248.1536 • RESLIFE@COLORADOMESA.EDU • COLORADOMESA.EDU/RESIDENCE-LIFE
General Residence Life Information

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

You may see the name and contact information for your roommate by logging into your MavZone/My Housing. We strongly encourage you to contact your new roommate/suite-mates 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 Colorado Mesa University
- What each of you is bringing to school (TV, mini-frig, microwave etc) and will you share those items with others
- Your Facebook to stay in contact with one another

A few days after you arrive on campus, your Resident Assistant (RA) will meet with you and your roommate/suite-mates 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 to get up and anything else that may be a pitfall to your 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. We will ask students to request a room change through the OrgSync portal and to talk with their Residence Hall Coordinator. The Hall Coordinator will direct the student to the correct portal to request a change.

Housing Residency Policy
Freshman and sophomore students who are under 21 years of age and not residing with their parents in Mesa County are required to live on campus. Requests to commute from a parental residence from outside Mesa County must have approval from the Director of Residence Life.

The following categories are eligible for an exemption to this policy upon completion of this request to the Director of Residence Life:

- Students living in Mesa County, and at the full-time established residence of a parent;
- Students who are at least twenty one (21) years of age prior to the beginning of the subsequent fall or spring semester;
- Married before application to Colorado Mesa University Residence Life. If you have questions about our residency policy, don’t hesitate to ask.
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, 2019. Visit coloradomesa.edu/parking to learn more.

Prices for permits are listed below. Permits are valid through the Spring 2020 semester.

- Residence Hall Permit: $135
- Residence Hall Reserved Permit: $200
- Commuter Permit: $110
- Faculty/Staff Permit: $110
- Value Permit: $50

Faculty, Staff, and Students can purchase the Value Permit online on a first-come, first-served basis. The Value Permit is valid in Lots V1, V2 and V3 only. Lots are in the southwest part of campus.

- Motorcycle Permit: $20

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

MAVCard and MAVMoney

Your student ID is referred to as a MAVcard. The MAVcard has many purposes and allows students, faculty, and staff access to:

- Residence Halls
- 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. In addition to on campus dining locations, MAVmoney is accepted at many of the surrounding and on campus merchants: Chick-fil-A, Starbucks, Jazzman’s, Einstein Brother’s Bagels, Dominos, Mountain Grind, Bravo’s Pizza, Mojos, The Point, Jimmy Johns, and more. Add to your MAVmoney account through the MAVcard office of online though your MavZone account.

Don’t lose your MAVcard! The charge for a lost card is $15.00. The MAVcard office is located on the 1st 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.